

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Selenium, Se (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: October 26, 2015 15:57 EDT

NDB_No	Description	Selenium, Se(µg) Value Per
12078	Nuts, brazilnuts, dried, unblanched	1,917.00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	421.50
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	311.50
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	218.80
02024	Spices, mustard seed, ground	208.10
01258	Egg, white, dried, stabilized, glucose reduced	192.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	190.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	168.00
01133	Egg, whole, dried	164.70
15231	Mollusks, oyster, Pacific, cooked, moist heat	154.00
15018	Fish, cod, Atlantic, dried and salted	147.80
05236	Turkey, young hen, skin only, cooked, roasted	144.10
13323	Beef, variety meats and by-products, kidneys, raw	141.00
01137	Egg, yolk, dried	139.30
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	139.10
01144	Egg substitute, powder	127.70
17195	Lamb, variety meats and by-products, kidneys, raw	126.90
01136	Egg, white, dried, powder, stabilized, glucose reduced	125.10
01173	Egg, white, dried	125.10
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	123.10
08157	Cereals ready-to-eat, wheat, puffed, fortified	123.10
01134	Egg, whole, dried, stabilized, glucose reduced	121.10
01210	Egg Mix, USDA Commodity	118.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	116.80
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	116.10
17200	Lamb, variety meats and by-products, liver, cooked, braised	111.40
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	108.20
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	105.20
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	105.00

NDB_No	Description	Selenium, Se(µg) Value Per
12040	Seeds, sunflower seed butter, without salt	104.40
12540	Seeds, sunflower seed butter, with salt added	104.40
05021	Chicken, broilers or fryers, giblets, cooked, fried	104.20
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	103.30
35009	Whale, beluga, meat, dried (Alaska Native)	103.00
05178	Turkey, liver, all classes, cooked, simmered	102.30
05116	Chicken, roasting, giblets, cooked, simmered	100.10
17198	Veal, variety meats and by-products, kidneys, cooked, braised	100.00
05138	Chicken, capons, giblets, cooked, simmered	95.00
17367	Lamb, New Zealand, imported, kidney, raw	93.60
13334	Beef, variety meats and by-products, spleen, cooked, braised	91.40
15127	Fish, tuna, fresh, yellowfin, raw	90.60
05128	Chicken, stewing, giblets, cooked, simmered	90.40
15165	Mollusks, mussel, blue, cooked, moist heat	89.60
15178	Mollusks, whelk, unspecified, cooked, moist heat	89.60
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	89.60
15230	Mollusks, octopus, common, cooked, moist heat	89.60
20066	Semolina, enriched	89.40
20076	Wheat, durum	89.40
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	88.30
15232	Fish, roughy, orange, cooked, dry heat	88.30
05661	Chicken, liver, all classes, cooked, pan-fried	88.20
14654	Beverages, nutritional shake mix, high protein, powder	87.50
05028	Chicken, liver, all classes, cooked, simmered	82.40
17199	Lamb, variety meats and by-products, liver, raw	82.40
20138	Wheat, KAMUT khorasan, uncooked	81.50
17217	Veal, variety meats and by-products, spleen, cooked, braised	81.20
15184	Fish, tuna, light, canned in water, without salt, drained solids	80.40
17197	Veal, variety meats and by-products, kidneys, raw	80.00
12037	Seeds, sunflower seed kernels, dry roasted, without salt	79.30
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	79.30
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	79.30
20078	Wheat germ, crude	79.20
20109	Noodles, egg, dry, enriched	78.80
20409	Noodles, egg, dry, unenriched	78.80
12038	Seeds, sunflower seed kernels, oil roasted, without salt	78.20

NDB_No	Description	Selenium, Se(µg) Value Per
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	78.20
20077	Wheat bran, crude	77.60
20124	Pasta, whole-wheat, dry	77.60
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	77.50
15171	Mollusks, oyster, Pacific, raw	77.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	76.80
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	76.20
15119	Fish, tuna, light, canned in oil, drained solids	76.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	76.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	76.00
18219	Crackers, matzo, whole-wheat	75.10
83110	Fish, mackerel, salted	73.40
15148	Crustaceans, lobster, northern, cooked, moist heat	73.10
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	72.80
05172	Turkey, whole, giblets, cooked, simmered	71.10
08142	Cereals, WHEATENA, dry	70.70
08144	Cereals, whole wheat hot natural cereal, dry	70.70
20071	Wheat, hard red spring	70.70
20072	Wheat, hard red winter	70.70
15121	Fish, tuna, light, canned in water, drained solids	70.60
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	69.40
05177	Turkey, liver, all classes, raw	68.70
15111	Fish, swordfish, cooked, dry heat	68.50
05150	Goose, liver, raw	68.10
15002	Fish, anchovy, european, canned in oil, drained solids	68.10
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	67.50
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	67.50
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	67.30
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	67.30
05143	Duck, domesticated, liver, raw	67.00
15073	Fish, roughy, orange, raw	66.70
15168	Mollusks, oyster, eastern, cooked, breaded and fried	66.50
15126	Fish, tuna, white, canned in water, drained solids	65.70
15186	Fish, tuna, white, canned in water, without salt, drained solids	65.70
15012	Fish, caviar, black and red, granular	65.50
10861	Pork, cured, bacon, cooked, microwaved	65.10

NDB_No	Description	Selenium, Se(µg) Value Per
08084	Cereals ready-to-eat, wheat germ, toasted, plain	65.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	64.80
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	64.70
14236	Beverages, coffee substitute, cereal grain beverage, powder	64.10
15159	Mollusks, clam, mixed species, cooked, moist heat	64.00
15245	Mollusks, oyster, eastern, farmed, raw	63.70
15147	Crustaceans, lobster, northern, raw	63.60
20126	Spaghetti, spinach, dry	63.50
20120	Pasta, dry, enriched	63.20
20420	Pasta, dry, unenriched	63.20
15070	Fish, rockfish, Pacific, mixed species, raw	63.00
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	62.90
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	62.50
12539	Seeds, sunflower seed kernels, toasted, with salt added	62.20
13333	Beef, variety meats and by-products, spleen, raw	62.20
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	62.00
20080	Wheat flour, whole-grain	61.80
17216	Veal, variety meats and by-products, spleen, raw	61.70
15124	Fish, tuna, white, canned in oil, drained solids	60.10
15185	Fish, tuna, white, canned in oil, without salt, drained solids	60.10
05022	Chicken, broilers or fryers, giblets, cooked, simmered	59.60
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	59.30
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	59.20
10860	Pork, cured, bacon, cooked, baked	59.00
16118	Soy flour, low-fat	58.90
15041	Fish, herring, Atlantic, pickled	58.50
12041	Seeds, sunflower seed flour, partially defatted	58.20
07014	Braunschweiger (a liver sausage), pork	58.00
07041	Liver sausage, liverwurst, pork	58.00
07911	Liverwurst spread	58.00
15110	Fish, swordfish, raw	57.40
01160	Egg, yolk, raw, frozen, salted, pasteurized	56.90
05176	Turkey, heart, all classes, cooked, simmered	56.80
35183	Corn, dried, yellow (Northern Plains Indians)	56.50
01126	Egg, yolk, raw, frozen, pasteurized	56.40
05127	Chicken, stewing, giblets, raw	56.10

NDB_No	Description	Selenium, Se(µg) Value Per
01125	Egg, yolk, raw, fresh	56.00
02021	Spices, ginger, ground	55.80
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	55.60
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	55.40
05137	Chicken, capons, giblets, raw	55.30
05020	Chicken, broilers or fryers, giblets, raw	55.20
12006	Seeds, chia seeds, dried	55.20
18222	Crackers, melba toast, wheat	55.00
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	54.90
05027	Chicken, liver, all classes, raw	54.60
15262	Fish, tilapia, cooked, dry heat	54.40
16128	Tofu, dried-frozen (koyadofu)	54.30
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	54.30
05115	Chicken, roasting, giblets, raw	54.10
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	54.00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	53.90
28306	Bread, chapati or roti, plain, commercially prepared	53.70
01127	Egg, yolk, raw, frozen, sugared, pasteurized	53.50
12036	Seeds, sunflower seed kernels, dried	53.00
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	53.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	52.90
10110	Pork, fresh, variety meats and by-products, liver, raw	52.70
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	52.70
15042	Fish, herring, Atlantic, kippered	52.60
18076	Bread, whole-wheat, commercially prepared, toasted	52.60
08029	Cereals ready-to-eat, POST Bran Flakes	52.50
17194	Veal, variety meats and by-products, heart, cooked, braised	52.40
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	52.30
05627	Emu, full rump, cooked, broiled	52.10
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	52.00
15156	Mollusks, abalone, mixed species, cooked, fried	51.80
15176	Mollusks, squid, mixed species, cooked, fried	51.80
15207	Fish, roe, mixed species, cooked, dry heat	51.70
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	51.60
15047	Fish, mackerel, Atlantic, cooked, dry heat	51.60
15113	Fish, tilefish, cooked, dry heat	51.50

NDB_No	Description	Selenium, Se(µg) Value Per
15098	Fish, sheepshead, cooked, dry heat	51.30
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.10
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	51.10
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	51.00
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	50.70
15160	Mollusks, clam, mixed species, canned, drained solids	50.50
10998	Canadian bacon, cooked, pan-fried	50.40
13329	Beef, variety meats and by-products, lungs, cooked, braised	50.30
15075	Fish, sablefish, smoked	50.20
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	49.90
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	49.90
17215	Lamb, variety meats and by-products, spleen, cooked, braised	49.80
05629	Emu, inside drums, cooked, broiled	49.60
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	49.60
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	49.50
18348	Rolls, dinner, whole-wheat	49.40
05171	Turkey, whole, giblets, raw	49.30
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	49.10
15102	Fish, snapper, mixed species, cooked, dry heat	49.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	48.70
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	48.60
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	48.60
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	48.50
13332	Beef, variety meats and by-products, pancreas, cooked, braised	48.50
21106	Fast foods, fish sandwich, with tartar sauce and cheese	48.40
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	48.30
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	48.20
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	48.20
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	48.20
18081	Bread stuffing, bread, dry mix	48.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	47.90
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	47.80
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	47.80
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	47.70
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	47.60
15226	Crustaceans, crab, dungeness, cooked, moist heat	47.60

NDB_No	Description	Selenium, Se(µg) Value Per
15152	Crustaceans, shrimp, mixed species, canned	47.50
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	47.50
32016	Macaroni or noodles with cheese, microwaveable, unprepared	47.50
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	47.40
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	47.40
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	47.40
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	47.30
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	47.20
08074	Cereals ready-to-eat, RALSTON TASTEEOS	47.00
17192	Lamb, variety meats and by-products, heart, cooked, braised	47.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	46.90
15032	Fish, grouper, mixed species, cooked, dry heat	46.80
15040	Fish, herring, Atlantic, cooked, dry heat	46.80
15056	Fish, mullet, striped, cooked, dry heat	46.80
15069	Fish, pompano, florida, cooked, dry heat	46.80
15092	Fish, sea bass, mixed species, cooked, dry heat	46.80
15100	Fish, smelt, rainbow, cooked, dry heat	46.80
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	46.80
15188	Fish, bass, striped, cooked, dry heat	46.80
15189	Fish, bluefish, cooked, dry heat	46.80
15191	Fish, butterfish, cooked, dry heat	46.80
15193	Fish, cusk, cooked, dry heat	46.80
15194	Fish, mahimahi, cooked, dry heat	46.80
15196	Fish, halibut, greenland, cooked, dry heat	46.80
15197	Fish, herring, Pacific, cooked, dry heat	46.80
15198	Fish, ling, cooked, dry heat	46.80
15199	Fish, lingcod, cooked, dry heat	46.80
15200	Fish, mackerel, king, cooked, dry heat	46.80
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	46.80
15203	Fish, monkfish, cooked, dry heat	46.80
15205	Fish, pollock, Atlantic, cooked, dry heat	46.80
15206	Fish, pout, ocean, cooked, dry heat	46.80
15208	Fish, sablefish, cooked, dry heat	46.80
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	46.80
15210	Fish, salmon, chinook, cooked, dry heat	46.80
15211	Fish, salmon, chum, cooked, dry heat	46.80

NDB_No	Description	Selenium, Se(µg) Value Per
15213	Fish, scup, cooked, dry heat	46.80
15214	Fish, seatrout, mixed species, cooked, dry heat	46.80
15215	Fish, shad, american, cooked, dry heat	46.80
15216	Fish, spot, cooked, dry heat	46.80
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	46.80
15222	Fish, turbot, european, cooked, dry heat	46.80
15224	Fish, wolffish, Atlantic, cooked, dry heat	46.80
15225	Fish, yellowtail, mixed species, cooked, dry heat	46.80
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	46.70
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	46.70
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	46.60
05652	Ostrich, oyster, cooked	46.50
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	46.50
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	46.40
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	46.30
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	46.20
15082	Fish, salmon, coho, wild, cooked, moist heat	46.20
15154	Crustaceans, spiny lobster, mixed species, raw	46.20
18367	Waffles, plain, prepared from recipe	46.20
05624	Emu, fan fillet, cooked, broiled	46.10
07053	Pate, chicken liver, canned	46.10
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	46.10
11268	Mushrooms, shiitake, dried	46.10
28325	Crackers, toast thins, low sodium	46.10
10158	USDA Commodity, pork, canned	46.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	45.90
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	45.90
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	45.70
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	45.70
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	45.60
15036	Fish, halibut, Atlantic and Pacific, raw	45.60
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	45.50
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	45.40
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	45.40
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	45.40
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	45.40

NDB_No	Description	Selenium, Se(µg) Value Per
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	45.40
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	45.40
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	45.30
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	45.30
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	45.30
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	45.30
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	45.30
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	45.30
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	45.30
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	45.30
11230	Pepeao, dried	45.30
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	45.20
20033	Oat bran, raw	45.20
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	45.00
15155	Mollusks, abalone, mixed species, raw	44.80
15163	Mollusks, cuttlefish, mixed species, raw	44.80
15164	Mollusks, mussel, blue, raw	44.80
15166	Mollusks, octopus, common, raw	44.80
15175	Mollusks, squid, mixed species, raw	44.80
15177	Mollusks, whelk, unspecified, raw	44.80
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	44.80
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	44.70
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	44.70
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	44.60
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	44.50
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	44.40
15227	Crustaceans, crab, queen, cooked, moist heat	44.40
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	44.30
13328	Beef, variety meats and by-products, lungs, raw	44.30
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	44.30
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	44.20
05174	Turkey, gizzard, all classes, cooked, simmered	44.10
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	44.10
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	44.10
15046	Fish, mackerel, Atlantic, raw	44.10
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	44.10

NDB_No	Description	Selenium, Se(µg) Value Per
05282	Pate de foie gras, canned (goose liver pate), smoked	44.00
07054	Pate, goose liver, smoked, canned	44.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	44.00
18042	Bread, pita, whole-wheat	44.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	43.80
18267	English muffins, whole-wheat, toasted	43.80
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	43.70
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	43.70
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	43.70
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	43.60
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	43.60
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	43.60
05622	Emu, ground, cooked, pan-broiled	43.50
05632	Emu, top loin, cooked, broiled	43.50
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	43.50
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	43.40
11988	Fungi, Cloud ears, dried	43.40
01185	Parmesan cheese topping, fat free	43.30
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	43.30
15080	Fish, salmon, chum, canned, drained solids with bone	43.30
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	43.30
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	43.30
32009	Pasta mix, classic beef, unprepared	43.20
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	43.20
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	43.10
17151	Game meat, beaver, cooked, roasted	43.10
20113	Noodles, chinese, chow mein	43.00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	43.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	42.90
13348	Beef, cured, corned beef, canned	42.90
15035	Fish, haddock, smoked	42.90
15140	Crustaceans, crab, blue, cooked, moist heat	42.90
15141	Crustaceans, crab, blue, canned	42.90
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	42.80
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	42.80
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	42.80

NDB_No	Description	Selenium, Se(µg) Value Per
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	42.70
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	42.60
18078	Bread, whole-wheat, prepared from recipe, toasted	42.50
20087	Wheat, sprouted	42.50
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	42.40
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	42.40
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	42.40
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	42.30
18236	Cracker meal	42.30
43497	Jellyfish, dried, salted	42.20
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	42.10
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	42.10
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	42.10
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	42.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	42.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	41.90
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	41.80
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	41.80
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	41.80
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	41.80
15261	Fish, tilapia, raw	41.80
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	41.80
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	41.70
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	41.70
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	41.70
07055	Pate, liver, not specified, canned	41.60
07942	Pate, truffle flavor	41.60
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	41.50
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	41.50
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	41.40
01226	Egg substitute, liquid or frozen, fat free	41.30
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	41.30
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	41.30
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	41.30
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	41.20
15128	Fish, tuna salad	41.20

NDB_No	Description	Selenium, Se(µg) Value Per
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	41.20
05024	Chicken, gizzard, all classes, cooked, simmered	41.10
05693	Chicken, broiler, rotisserie, BBQ, back meat only	41.10
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	41.10
15133	Fish, whiting, mixed species, cooked, dry heat	41.10
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	41.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	41.00
19041	Snacks, pork skins, plain	41.00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	40.90
10115	Pork, fresh, variety meats and by-products, pancreas, raw	40.80
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	40.80
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	40.80
14058	Beverages, Whey protein powder isolate	40.70
15142	Crustaceans, crab, blue, crab cakes, home recipe	40.70
15052	Fish, mackerel, spanish, cooked, dry heat	40.60
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	40.60
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	40.50
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	40.50
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	40.40
16167	USDA Commodity, Peanut Butter, smooth	40.40
02015	Spices, curry powder	40.30
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	40.30
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	40.30
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	40.30
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	40.30
15072	Fish, roe, mixed species, raw	40.30
15250	Mollusks, conch, baked or broiled	40.30
18266	English muffins, whole-wheat	40.30
28303	Crackers, cheese, whole grain	40.30
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	40.20
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	40.20
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	40.20
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	40.10
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	40.10
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	40.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	40.00

NDB_No	Description	Selenium, Se(µg) Value Per
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	39.80
20083	Wheat flour, white, bread, enriched	39.70
20129	Wheat flours, bread, unenriched	39.70
07013	Bratwurst, pork, cooked	39.70
13325	Beef, variety meats and by-products, liver, raw	39.70
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	39.60
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	39.50
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	39.50
15260	Fish, salmon, pink, canned, drained solids	39.50
19177	Gelatins, dry powder, unsweetened	39.50
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	39.50
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	39.50
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	39.40
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	39.40
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	39.30
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	39.30
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	39.30
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	39.20
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	39.20
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	39.20
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	39.20
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	39.10
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	39.10
17213	Veal, variety meats and by-products, pancreas, cooked, braised	39.10
18353	Rolls, hard (includes kaiser)	39.10
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	39.00
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	38.90
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	38.90
13322	Beef, variety meats and by-products, heart, cooked, simmered	38.90
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	38.90
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	38.80
15021	Fish, croaker, Atlantic, cooked, breaded and fried	38.80
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	38.80
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	38.80
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	38.80
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	38.80

NDB_No	Description	Selenium, Se(µg) Value Per
28288	Bread, roll, Mexican, bollilo	38.80
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	38.70
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	38.70
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	38.70
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	38.70
18221	Crackers, melba toast, rye (includes pumpernickel)	38.70
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	38.60
18077	Bread, whole-wheat, prepared from recipe	38.60
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	38.60
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	38.50
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	38.50
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	38.50
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	38.50
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	38.50
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	38.50
07044	USDA Commodity, luncheon meat, canned	38.30
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	38.30
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	38.30
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	38.30
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	38.30
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	38.30
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	38.20
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	38.20
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	38.20
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	38.20
15101	Fish, snapper, mixed species, raw	38.20
15017	Fish, cod, Atlantic, canned, solids and liquid	38.10
15179	Fish, salmon, chinook, smoked, (lox), regular	38.10
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	38.10
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	38.10
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	38.10
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	38.10
35141	Mutton, cooked, roasted (Navajo)	38.00
05650	Ostrich, outside strip, cooked	38.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	38.00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	38.00

NDB_No	Description	Selenium, Se(µg) Value Per
15247	Fish, salmon, coho, wild, cooked, dry heat	38.00
18299	Pancakes, whole-wheat, dry mix, incomplete	38.00
05647	Ostrich, inside strip, cooked	37.90
05649	Ostrich, outside strip, raw	37.90
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	37.90
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	37.90
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	37.90
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	37.90
05190	Turkey, all classes, back, meat and skin, cooked, roasted	37.80
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	37.80
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	37.80
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	37.80
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	37.80
32008	Pasta mix, classic cheeseburger macaroni, unprepared	37.80
20130	Barley flour or meal	37.70
20131	Barley malt flour	37.70
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	37.70
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	37.70
15048	Fish, mackerel, jack, canned, drained solids	37.70
20004	Barley, hulled	37.70
20005	Barley, pearled, raw	37.70
15016	Fish, cod, Atlantic, cooked, dry heat	37.60
15212	Fish, salmon, pink, cooked, dry heat	37.60
18339	Popovers, dry mix, enriched	37.60
05646	Ostrich, inside strip, raw	37.50
05656	Ostrich, tip trimmed, cooked	37.50
18080	Bread sticks, plain	37.50
18242	Croutons, plain	37.50
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	37.50
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	37.50
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	37.50
42284	Babyfood, baked product, finger snacks cereal fortified	37.50
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	37.40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	37.40
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	37.40
15139	Crustaceans, crab, blue, raw	37.40

NDB_No	Description	Selenium, Se(µg) Value Per
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	37.30
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	37.30
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	37.30
20048	Rice, white, long-grain, precooked or instant, enriched, dry	37.20
01171	Egg, whole, raw, frozen, pasteurized	37.20
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	37.20
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	37.20
10130	Canadian bacon, unprepared	37.10
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	37.10
15143	Crustaceans, crab, dungeness, raw	37.10
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	37.10
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	37.00
28295	Tortillas, ready-to-bake or -fry, whole wheat	37.00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	37.00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	37.00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	37.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	37.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	37.00
01139	Egg, goose, whole, fresh, raw	36.90
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	36.90
18217	Crackers, matzo, plain	36.90
32017	Pasta mix, Italian four cheese lasagna, unprepared	36.90
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	36.80
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	36.70
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	36.70
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	36.70
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	36.70
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	36.70
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	36.60
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	36.60
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	36.60
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	36.60
05648	Ostrich, outside leg, raw	36.60
05658	Ostrich, top loin, cooked	36.60
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	36.60
18216	Crackers, crispbread, rye	36.60

NDB_No	Description	Selenium, Se(µg) Value Per
05645	Ostrich, inside leg, cooked	36.50
07040	Liver cheese, pork	36.50
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	36.50
15001	Fish, anchovy, european, raw	36.50
15004	Fish, bass, striped, raw	36.50
15005	Fish, bluefish, raw	36.50
15007	Fish, butterfly, raw	36.50
15020	Fish, croaker, Atlantic, raw	36.50
15022	Fish, cusk, raw	36.50
15023	Fish, mahimahi, raw	36.50
15031	Fish, grouper, mixed species, raw	36.50
15038	Fish, halibut, Greenland, raw	36.50
15039	Fish, herring, Atlantic, raw	36.50
15043	Fish, herring, Pacific, raw	36.50
15044	Fish, ling, raw	36.50
15045	Fish, lingcod, raw	36.50
15049	Fish, mackerel, king, raw	36.50
15050	Fish, mackerel, Pacific and jack, mixed species, raw	36.50
15051	Fish, mackerel, spanish, raw	36.50
15054	Fish, monkfish, raw	36.50
15055	Fish, mullet, striped, raw	36.50
15059	Fish, pout, ocean, raw	36.50
15065	Fish, pollock, Atlantic, raw	36.50
15068	Fish, pompano, florida, raw	36.50
15074	Fish, sablefish, raw	36.50
15076	Fish, salmon, Atlantic, wild, raw	36.50
15078	Fish, salmon, chinook, raw	36.50
15079	Fish, salmon, chum, raw	36.50
15081	Fish, salmon, coho, wild, raw	36.50
15090	Fish, scup, raw	36.50
15091	Fish, sea bass, mixed species, raw	36.50
15093	Fish, seatrout, mixed species, raw	36.50
15094	Fish, shad, american, raw	36.50
15095	Fish, shark, mixed species, raw	36.50
15097	Fish, sheepshead, raw	36.50
15099	Fish, smelt, rainbow, raw	36.50

NDB_No	Description	Selenium, Se(µg) Value Per
15103	Fish, spot, raw	36.50
15112	Fish, tilefish, raw	36.50
15117	Fish, tuna, fresh, bluefin, raw	36.50
15123	Fish, tuna, fresh, skipjack, raw	36.50
15129	Fish, turbot, european, raw	36.50
15134	Fish, wolffish, Atlantic, raw	36.50
15135	Fish, yellowtail, mixed species, raw	36.50
18400	Crackers, matzo, egg and onion	36.50
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	36.50
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	36.50
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	36.40
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	36.40
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	36.40
01138	Egg, duck, whole, fresh, raw	36.40
03193	Babyfood, cereal, oatmeal, with honey, dry	36.40
05644	Ostrich, inside leg, raw	36.40
05654	Ostrich, tenderloin, raw	36.40
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	36.40
15136	Crustaceans, crab, alaska king, raw	36.40
05630	Emu, outside drum, raw	36.30
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	36.30
20125	Pasta, whole-wheat, cooked	36.30
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	36.30
43297	Pork, oriental style, dehydrated	36.30
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	36.20
25046	Snacks, bagel chips, plain	36.20
05180	Turkey from whole, neck, meat only, cooked, simmered	36.20
18383	Bread, protein, (includes gluten), toasted	36.20
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	36.10
10024	Pork, fresh, loin, whole, separable lean only, raw	36.10
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	36.10
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	36.10
13326	Beef, variety meats and by-products, liver, cooked, braised	36.10
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	36.10
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	36.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	36.00

NDB_No	Description	Selenium, Se(µg) Value Per
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	36.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	36.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	36.00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	36.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	36.00
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	35.90
01260	Cheese, cheddar, reduced fat	35.80
05653	Ostrich, round, raw	35.80
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	35.80
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	35.80
15170	Mollusks, oyster, eastern, canned	35.80
18036	Bread, multi-grain, toasted (includes whole-grain)	35.80
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	35.80
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	35.70
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	35.70
07062	Picnic loaf, pork, beef	35.70
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	35.70
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	35.70
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	35.60
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	35.60
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	35.60
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	35.60
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	35.60
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	35.50
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	35.50
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	35.50
12169	Seeds, sesame butter, paste	35.50
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	35.50
15086	Fish, salmon, sockeye, cooked, dry heat	35.50
17157	Game meat, bison, separable lean only, cooked, roasted	35.50
05175	Turkey, heart, all classes, raw	35.40
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	35.40
05657	Ostrich, top loin, raw	35.40
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	35.40
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	35.40
10220	Pork, fresh, ground, cooked	35.40

NDB_No	Description	Selenium, Se(µg) Value Per
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	35.40
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	35.40
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	35.40
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	35.30
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	35.30
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	35.30
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	35.30
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	35.30
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	35.30
05655	Ostrich, tip trimmed, raw	35.20
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	35.20
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	35.20
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	35.20
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	35.10
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	35.10
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	35.10
07061	Mother's loaf, pork	35.10
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	35.10
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	35.10
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	35.10
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	35.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	35.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	35.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	35.00
05643	Ostrich, fan, raw	34.90
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	34.90
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	34.80
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	34.80
10973	Pork, ground, 96% lean / 4% fat, raw	34.80
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	34.80
18220	Crackers, melba toast, plain	34.80
21225	Pizza, cheese topping, rising crust, frozen, cooked	34.80
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	34.80
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	34.80
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	34.80
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	34.80

NDB_No	Description	Selenium, Se(µg) Value Per
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	34.70
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	34.70
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	34.70
07032	Ham and cheese loaf or roll	34.60
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	34.60
15058	Fish, ocean perch, Atlantic, cooked, dry heat	34.60
15144	Crustaceans, crab, queen, raw	34.60
15264	Salmon, sockeye, canned, drained solids, without skin and bones	34.60
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	34.60
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	34.60
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	34.60
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	34.60
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	34.50
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	34.50
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	34.50
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	34.50
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	34.50
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	34.50
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	34.50
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	34.50
01032	Cheese, parmesan, grated	34.40
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	34.40
12023	Seeds, sesame seeds, whole, dried	34.40
12024	Seeds, sesame seeds, whole, roasted and toasted	34.40
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	34.40
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	34.40
12201	Seeds, sesame seed kernels, dried (decorticated)	34.40
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	34.40
12698	Seeds, sesame butter, tahini, type of kernels unspecified	34.40
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	34.40
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	34.40
20082	Wheat flour, white, all-purpose, self-rising, enriched	34.40
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	34.40
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	34.30
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.30
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	34.30

NDB_No	Description	Selenium, Se(µg) Value Per
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	34.30
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	34.30
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	34.30
01141	Egg, turkey, whole, fresh, raw	34.30
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	34.30
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	34.30
15087	Fish, salmon, sockeye, canned, drained solids	34.30
17210	Lamb, variety meats and by-products, pancreas, raw	34.30
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	34.20
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	34.20
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	34.20
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	34.20
18007	Bagels, oat bran	34.20
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	34.20
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	34.20
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	34.20
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	34.10
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	34.10
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	34.10
20132	Oat flour, partially debranned	34.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	34.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	34.00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	34.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	34.00
18061	Bread, rye, toasted	34.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	33.90
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	33.90
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	33.90
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	33.90
20081	Wheat flour, white, all-purpose, enriched, bleached	33.90
20481	Wheat flour, white, all-purpose, unenriched	33.90
20581	Wheat flour, white, all-purpose, enriched, unbleached	33.90
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	33.90
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	33.90
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	33.90
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	33.80

NDB_No	Description	Selenium, Se(µg) Value Per
01223	Protein supplement, milk based, Muscle Milk, powder	33.80
01224	Protein supplement, milk based, Muscle Milk Light, powder	33.80
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	33.80
05651	Ostrich, oyster, raw	33.80
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	33.80
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	33.80
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	33.80
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	33.80
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	33.70
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	33.70
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	33.70
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	33.70
18428	Crackers, wheat, low salt	33.70
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	33.70
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	33.70
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	33.70
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	33.70
28302	Cookies, graham crackers, plain or honey, lowfat	33.70
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	33.60
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	33.60
07033	Ham and cheese spread	33.60
07072	Salami, dry or hard, pork, beef	33.60
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	33.60
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	33.60
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	33.60
02046	Mustard, prepared, yellow	33.50
05642	Ostrich, ground, cooked, pan-broiled	33.50
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	33.50
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	33.50
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	33.50
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	33.40
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	33.40
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	33.40
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	33.40
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	33.40
18065	Bread, wheat, toasted	33.40

NDB_No	Description	Selenium, Se(µg) Value Per
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	33.30
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	33.30
17193	Veal, variety meats and by-products, heart, raw	33.30
18006	Bagels, cinnamon-raisin, toasted	33.30
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	33.30
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	33.30
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	33.30
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	33.30
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	33.30
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	33.30
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	33.30
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	33.20
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	33.20
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	33.20
05312	Chicken, wing, frozen, glazed, barbecue flavored	33.20
10020	Pork, fresh, loin, whole, separable lean and fat, raw	33.20
15084	Fish, salmon, pink, canned, total can contents	33.20
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	33.20
01128	Egg, whole, cooked, fried	33.10
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	33.10
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	33.10
15015	Fish, cod, Atlantic, raw	33.10
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	33.10
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	33.10
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	33.10
25037	Snacks, pita chips, salted	33.10
32018	Spanish rice mix, dry mix, unprepared	33.10
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	33.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	33.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	33.00
05641	Ostrich, ground, raw	33.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	33.00
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	33.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	33.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	33.00
18038	Bread, oat bran, toasted	33.00

NDB_No	Description	Selenium, Se(µg) Value Per
18347	Rolls, dinner, wheat	33.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	32.90
18028	Bread, egg, toasted	32.90
18043	Bread, protein (includes gluten)	32.90
22998	Rice and vermicelli mix, chicken flavor, unprepared	32.90
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	32.90
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	32.90
28313	Rolls, hamburger or hot dog, whole wheat	32.90
28397	Bread, multi-grain (includes whole-grain)	32.90
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	32.80
10117	Pork, fresh, variety meats and by-products, spleen, raw	32.80
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	32.80
13347	Beef, cured, corned beef, brisket, cooked	32.80
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	32.80
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	32.70
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	32.70
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	32.70
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	32.70
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	32.70
20647	Millet flour	32.70
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	32.70
28317	Bread, wheat, sprouted, toasted	32.60
35237	Tamales, masa and pork filling (Hopi)	32.60
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	32.60
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	32.60
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	32.60
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	32.60
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	32.60
05623	Emu, fan fillet, raw	32.50
05626	Emu, full rump, raw	32.50
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	32.50
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	32.50
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	32.50
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	32.50
18227	Crackers, rye, wafers, seasoned	32.50
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	32.50

NDB_No	Description	Selenium, Se(µg) Value Per
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	32.40
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	32.40
06128	Soup, chicken noodle, dry, mix	32.40
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	32.40
13350	Beef, cured, dried	32.40
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	32.40
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	32.40
15077	Fish, salmon, chinook, smoked	32.40
17214	Lamb, variety meats and by-products, spleen, raw	32.40
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	32.30
11625	Parsley, freeze-dried	32.30
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	32.30
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	32.30
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	32.30
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	32.30
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	32.20
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	32.20
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	32.20
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	32.20
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	32.10
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	32.10
15132	Fish, whiting, mixed species, raw	32.10
20118	Noodles, flat, crunchy, Chinese restaurant	32.10
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	32.10
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	32.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	32.00
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	32.00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	32.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	32.00
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	32.00
01140	Egg, quail, whole, fresh, raw	32.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	32.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	32.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	32.00
17191	Lamb, variety meats and by-products, heart, raw	32.00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	31.90

NDB_No	Description	Selenium, Se(µg) Value Per
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	31.90
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	31.90
20139	Wheat, KAMUT khorasan, cooked	31.90
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	31.90
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	31.90
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	31.90
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	31.90
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	31.90
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	31.90
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	31.80
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	31.80
36608	CRACKER BARREL, grilled sirloin steak	31.80
18265	English muffins, wheat, toasted	31.80
18351	Rolls, hamburger or hotdog, mixed-grain	31.80
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	31.70
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	31.70
15034	Fish, haddock, cooked, dry heat	31.70
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	31.70
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	31.70
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	31.70
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	31.70
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	31.70
07028	Ham, sliced, packaged (96% fat free, water added)	31.60
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	31.60
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.60
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	31.60
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	31.60
15145	Crustaceans, crayfish, mixed species, wild, raw	31.60
05625	Emu, flat fillet, raw	31.50
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	31.50
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	31.50
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	31.50
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	31.50
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	31.50
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	31.40
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	31.40

NDB_No	Description	Selenium, Se(µg) Value Per
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	31.40
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	31.40
28318	Bread, french or vienna, whole wheat	31.40
05188	Turkey, from whole, dark meat, cooked, roasted	31.40
05216	Turkey, back, from whole bird, meat only, roasted	31.40
05628	Emu, inside drum, raw	31.40
05663	Ground turkey, fat free, pan-broiled crumbles	31.40
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	31.40
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	31.40
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	31.40
05741	Turkey, thigh, from whole bird, meat only, roasted	31.40
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	31.40
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	31.40
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	31.40
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	31.40
15083	Fish, salmon, pink, raw	31.40
07069	Salami, cooked, beef and pork	31.30
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	31.30
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	31.30
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	31.30
21245	WENDY'S, Ultimate Chicken Grill Sandwich	31.30
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	31.30
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	31.30
28327	Crackers, water biscuits	31.30
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	31.20
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	31.20
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	31.20
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	31.20
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	31.20
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	31.20
18384	Bread, rice bran, toasted	31.20
05306	Ground turkey, cooked	31.10
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	31.10
10119	Pork, fresh, variety meats and by-products, stomach, raw	31.10
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	31.10
17148	Bison, ground, grass-fed, cooked	31.10

NDB_No	Description	Selenium, Se(µg) Value Per
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	31.10
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	31.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	31.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	31.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	31.00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	31.00
18005	Bagels, cinnamon-raisin	31.00
18066	Bread, wheat bran	31.00
18070	Bread, white, commercially prepared, toasted	31.00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	30.90
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	30.90
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	30.90
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	30.90
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	30.90
18060	Bread, rye	30.90
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	30.90
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	30.90
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	30.90
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	30.90
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	30.90
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	30.80
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	30.80
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	30.80
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	30.80
01129	Egg, whole, cooked, hard-boiled	30.80
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	30.80
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	30.80
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	30.80
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	30.80
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	30.80
01123	Egg, whole, raw, fresh	30.70
05168	Turkey, whole, meat only, cooked, roasted	30.70
05705	Turkey, whole, meat only, with added solution, roasted	30.70
05711	Turkey, retail parts, breast, meat only, cooked, roasted	30.70
10192	Pork, fresh, backribs, separable lean and fat, raw	30.70
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	30.70

NDB_No	Description	Selenium, Se(µg) Value Per
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	30.70
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	30.70
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	30.70
18085	Bread stuffing, cornbread, dry mix, prepared	30.70
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	30.70
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	30.70
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	30.60
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	30.60
01131	Egg, whole, cooked, poached	30.60
05326	Chicken breast tenders, breaded, cooked, microwaved	30.60
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	30.60
05713	Turkey, retail parts, wing, meat only, cooked, roasted	30.60
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	30.60
15157	Mollusks, clam, mixed species, raw	30.60
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	30.60
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	30.60
18003	Bagels, egg	30.60
05621	Emu, ground, raw	30.50
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	30.50
18385	Bread, wheat germ, toasted	30.50
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	30.50
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	30.50
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	30.40
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	30.40
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	30.40
01255	Egg, whole, raw, frozen, salted, pasteurized	30.40
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	30.40
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	30.40
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	30.40
18055	Bread, reduced-calorie, wheat	30.40
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	30.30
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	30.30
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.30
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.30
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	30.30
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	30.30

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23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	30.30
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	30.30
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	30.30
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	30.20
03181	Babyfood, cereal, barley, dry fortified	30.20
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	30.20
05186	Turkey, all classes, light meat, cooked, roasted	30.20
05220	Turkey, breast, from whole bird, meat only, roasted	30.20
05228	Turkey, wing, from whole bird, meat only, roasted	30.20
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	30.20
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	30.20
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	30.20
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	30.20
05739	Turkey, drumstick, from whole bird, meat only, roasted	30.20
10972	Pork, ground, 84% lean / 16% fat, raw	30.20
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	30.20
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	30.10
15253	Salmon, sockeye, canned, total can contents	30.10
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	30.10
18027	Bread, egg	30.10
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	30.10
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	30.10
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	30.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	30.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	30.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	30.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	30.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	30.00
28316	Bread, wheat, sprouted	30.00
01040	Cheese, swiss	30.00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	30.00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	30.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	30.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	30.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	30.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	30.00

NDB_No	Description	Selenium, Se(µg) Value Per
17331	Game meat, bison, ground, cooked, pan-broiled	30.00
18037	Bread, oat bran	30.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	29.90
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	29.90
07944	Turkey, white, rotisserie, deli cut	29.90
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	29.90
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	29.90
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	29.90
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	29.80
05166	Turkey, whole, meat and skin, cooked, roasted	29.80
05631	Emu, oyster, raw	29.80
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	29.80
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	29.80
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	29.80
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	29.80
15085	Fish, salmon, sockeye, raw	29.80
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	29.70
18030	Bread, french or vienna, toasted (includes sourdough)	29.70
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	29.70
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	29.70
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	29.70
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	29.70
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	29.60
05707	Turkey, whole, meat and skin, with added solution, roasted	29.60
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	29.60
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	29.60
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	29.60
18084	Bread stuffing, cornbread, dry mix	29.60
18344	Rolls, dinner, egg	29.60
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	29.50
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	29.50
10072	Pork, fresh, shoulder, whole, separable lean only, raw	29.50
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	29.50
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	29.50
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	29.50
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	29.50

NDB_No	Description	Selenium, Se(µg) Value Per
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	29.40
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	29.40
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	29.40
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	29.40
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	29.40
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	29.40
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	29.40
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	29.40
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	29.40
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	29.40
02008	Spices, chervil, dried	29.30
02012	Spices, coriander leaf, dried	29.30
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	29.30
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	29.30
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	29.30
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	29.30
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	29.30
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	29.30
18345	Rolls, dinner, oat bran	29.30
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	29.30
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	29.30
21022	Fast foods, english muffin, with egg, cheese, and sausage	29.20
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	29.20
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	29.20
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	29.20
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	29.20
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	29.20
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	29.20
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	29.20
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	29.20
18264	English muffins, wheat	29.20
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	29.10
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	29.10
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	29.10
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	29.10
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	29.10

NDB_No	Description	Selenium, Se(µg) Value Per
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	29.10
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	29.10
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	29.10
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	29.10
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	29.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	29.00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	29.00
36013	Restaurant, family style, sirloin steak	29.00
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	29.00
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	29.00
07057	Pepperoni, beef and pork, sliced	29.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	29.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	29.00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	28.90
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	28.90
08120	Cereals, oats, regular and quick, not fortified, dry	28.90
08402	Cereals, QUAKER, Quick Oats, Dry	28.90
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	28.90
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	28.90
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	28.90
15158	Mollusks, clam, mixed species, cooked, breaded and fried	28.90
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.90
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	28.90
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	28.80
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	28.80
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.80
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	28.80
36020	T.G.I. FRIDAY'S, chicken fingers	28.80
05173	Turkey, gizzard, all classes, raw	28.80
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	28.80
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	28.80
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	28.80
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	28.80
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	28.80
18064	Bread, wheat	28.80
18243	Croutons, seasoned	28.80

NDB_No	Description	Selenium, Se(µg) Value Per
03217	Zwieback	28.70
05130	Chicken, stewing, light meat, meat only, cooked, stewed	28.70
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	28.70
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	28.70
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	28.70
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	28.70
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	28.70
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	28.70
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	28.70
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	28.70
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	28.70
18059	Bread, rice bran	28.70
18968	Bagels, wheat	28.70
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	28.70
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	28.70
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	28.70
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	28.70
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.70
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	28.60
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	28.60
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.60
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.60
05179	Turkey from whole, neck, meat only, raw	28.60
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	28.60
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	28.60
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	28.60
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	28.60
15057	Fish, ocean perch, Atlantic, raw	28.60
18029	Bread, french or vienna (includes sourdough)	28.60
01009	Cheese, cheddar	28.50
07973	Turkey bacon, microwaved	28.50
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	28.50
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.50
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.50
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	28.50
16129	Tofu, fried	28.50

NDB_No	Description	Selenium, Se(µg) Value Per
16429	Tofu, fried, prepared with calcium sulfate	28.50
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	28.50
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.50
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	28.50
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	28.40
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	28.40
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	28.40
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	28.40
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	28.40
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	28.40
10001	Pork, fresh, carcass, separable lean and fat, raw	28.40
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.40
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	28.40
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	28.40
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	28.40
15242	Crustaceans, crayfish, mixed species, farmed, raw	28.40
01270	Cheese, cheddar, sharp, sliced	28.30
03211	Babyfood, cereal, high protein, with apple and orange, dry	28.30
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	28.30
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	28.30
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	28.30
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	28.30
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	28.30
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	28.20
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.20
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	28.20
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	28.20
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	28.20
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	28.20
18368	Wonton wrappers (includes egg roll wrappers)	28.20
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	28.10
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	28.10
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	28.10
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	28.10
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	28.10
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	28.10

NDB_No	Description	Selenium, Se(µg) Value Per
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	28.10
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	28.10
15109	Fish, surimi	28.10
15241	Fish, trout, rainbow, farmed, cooked, dry heat	28.10
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	28.10
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	28.10
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	28.10
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.10
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	28.10
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	28.00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	28.00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	28.00
05664	Ground turkey, fat free, patties, broiled	28.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	28.00
06080	Soup, chicken broth or bouillon, dry	28.00
07045	Luncheon meat, pork, canned	28.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	28.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	28.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	28.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	28.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	28.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	28.00
17221	Lamb, variety meats and by-products, tongue, cooked, braised	28.00
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	27.90
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	27.90
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	27.90
06081	Soup, chicken broth cubes, dry	27.90
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	27.90
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	27.90
16042	Beans, pinto, mature seeds, raw	27.90
18053	Bread, reduced-calorie, rye	27.90
18349	Rolls, french	27.90
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	27.90
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	27.90
28307	Bread, naan, plain, commercially prepared, refrigerated	27.90

NDB_No	Description	Selenium, Se(µg) Value Per
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	27.80
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	27.80
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	27.80
43441	Rolls, pumpernickel	27.80
07939	Frankfurter, pork	27.80
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	27.80
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	27.80
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	27.80
18346	Rolls, dinner, rye	27.80
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	27.70
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	27.70
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	27.70
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	27.70
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	27.70
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	27.70
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	27.70
17225	Lamb, ground, cooked, broiled	27.70
18218	Crackers, matzo, egg	27.70
18261	English muffins, mixed-grain, toasted (includes granola)	27.70
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	27.70
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	27.70
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	27.70
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	27.70
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	27.70
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	27.60
22972	Pulled pork in barbecue sauce	27.60
22973	Corn dogs, frozen, prepared	27.60
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	27.60
43406	Yeast extract spread	27.60
01029	Cheese, mozzarella, low moisture, part-skim	27.60
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	27.60
06075	Soup, beef broth or bouillon, powder, dry	27.60
06076	Soup, beef broth, cubed, dry	27.60
06981	Soup, bouillon cubes and granules, low sodium, dry	27.60
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	27.60
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	27.60

NDB_No	Description	Selenium, Se(µg) Value Per
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	27.50
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	27.50
20029	Couscous, cooked	27.50
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	27.50
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	27.50
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	27.50
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	27.50
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	27.40
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	27.40
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	27.40
90560	Mollusks, snail, raw	27.40
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	27.40
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	27.40
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	27.40
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	27.40
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	27.40
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	27.40
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	27.40
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	27.30
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	27.30
01093	Milk, dry, nonfat, calcium reduced	27.30
01113	Whey, acid, dried	27.30
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	27.30
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	27.30
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	27.30
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	27.30
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	27.30
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	27.30
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	27.30
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	27.30
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	27.30
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	27.20
01115	Whey, sweet, dried	27.20
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	27.20
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	27.20
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.20

NDB_No	Description	Selenium, Se(µg) Value Per
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	27.20
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	27.20
18033	Bread, italian	27.20
18350	Rolls, hamburger or hotdog, plain	27.20
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	27.10
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	27.10
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	27.10
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	27.10
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	27.10
18041	Bread, pita, white, enriched	27.10
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	27.10
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	27.10
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	27.10
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	27.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	27.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	27.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	27.00
43114	Vermicelli, made from soy	27.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	27.00
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	27.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	27.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	27.00
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	27.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	27.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	27.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	27.00
17156	Game meat, bison, separable lean only, raw	27.00
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	26.90
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	26.90
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	26.90
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	26.90
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	26.90
18045	Bread, pumpernickel, toasted	26.90
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	26.90
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	26.90
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	26.90

NDB_No	Description	Selenium, Se(µg) Value Per
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	26.90
28322	Bagels, multigrain	26.90
31036	Potatoes, mashed, ready-to-eat	26.90
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	26.80
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	26.80
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	26.80
01271	Cheese, mozzarella, low moisture, part-skim, shredded	26.80
13345	Beef, cured, breakfast strips, cooked	26.80
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26.80
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	26.80
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	26.80
18241	Croissants, cheese	26.80
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	26.80
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	26.70
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	26.70
14066	Beverages, Protein powder whey based	26.70
18040	Bread, oatmeal, toasted	26.70
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	26.70
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	26.70
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	26.60
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	26.60
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	26.60
36001	APPLEBEE'S, Double Crunch Shrimp	26.60
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	26.60
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	26.60
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	26.60
10185	Pork, cured, ham, extra lean and regular, canned, roasted	26.60
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	26.60
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	26.60
15028	Fish, flatfish (flounder and sole species), raw	26.60
17150	Game meat, beaver, raw	26.60
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	26.50
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	26.50
05304	Turkey, mechanically deboned, from turkey frames, raw	26.50
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	26.50
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	26.50

NDB_No	Description	Selenium, Se(µg) Value Per
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	26.50
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	26.50
21118	Fast foods, hotdog, plain	26.50
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	26.50
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	26.50
20121	Pasta, cooked, enriched, without added salt	26.40
20321	Pasta, cooked, enriched, with added salt	26.40
20421	Pasta, cooked, unenriched, without added salt	26.40
20521	Pasta, cooked, unenriched, with added salt	26.40
21340	McDONALD'S, Sausage Burrito	26.40
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	26.40
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	26.40
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	26.40
32000	Rice and vermicelli mix, beef flavor, unprepared	26.40
05193	Turkey, all classes, leg, meat and skin, raw	26.40
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	26.40
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	26.40
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	26.40
07070	Salami, cooked, turkey	26.40
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	26.40
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	26.40
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	26.40
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	26.40
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	26.40
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	26.40
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	26.40
10898	Pork, pickled pork hocks	26.30
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	26.30
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	26.30
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	26.30
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	26.30
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	26.30
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	26.30
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	26.30
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	26.30
28319	Bagels, whole grain white	26.30

NDB_No	Description	Selenium, Se(µg) Value Per
21129	Fast foods, hush puppies	26.20
21228	McDONALD'S, Hamburger	26.20
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	26.20
22910	Lasagna, cheese, frozen, prepared	26.20
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	26.20
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	26.20
02013	Spices, coriander seed	26.20
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	26.20
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	26.20
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	26.20
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	26.20
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	26.20
17377	Lamb, New Zealand, imported, testes, raw	26.20
18955	Bread, pan dulce, sweet yeast bread	26.20
18965	Crackers, cheese, reduced fat	26.20
05285	Turkey, diced, light and dark meat, seasoned	26.10
07921	Bacon and beef sticks	26.10
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	26.10
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	26.10
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	26.10
17427	Veal, loin, chop, separable lean only, cooked, grilled	26.10
21422	KFC, Popcorn Chicken	26.10
28292	Crackers, multigrain	26.10
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	26.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	26.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	26.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	26.00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	26.00
11266	Mushrooms, brown, italian, or crimini, raw	26.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	26.00
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	26.00
03185	Babyfood, cereal, mixed, dry fortified	25.90
05284	Turkey, canned, meat only, with broth	25.90
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	25.90
13344	Beef, cured, breakfast strips, raw or unheated	25.90
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	25.90

NDB_No	Description	Selenium, Se(µg) Value Per
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	25.90
15033	Fish, haddock, raw	25.90
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	25.90
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	25.90
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	25.90
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	25.80
01130	Egg, whole, cooked, omelet	25.80
05118	Chicken, roasting, light meat, meat only, cooked, roasted	25.80
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	25.80
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	25.80
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	25.80
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	25.80
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	25.80
18966	Crackers, saltines, whole wheat (includes multi-grain)	25.80
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	25.70
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	25.70
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	25.70
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	25.70
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	25.70
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	25.70
18075	Bread, whole-wheat, commercially prepared	25.70
32020	Chicken, thighs, frozen, breaded, reheated	25.70
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	25.60
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	25.60
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	25.60
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	25.50
05023	Chicken, gizzard, all classes, raw	25.50
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	25.50
05149	Goose, domesticated, meat only, cooked, roasted	25.50
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	25.50
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	25.50
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	25.50
18260	English muffins, mixed-grain (includes granola)	25.50
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	25.50
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	25.50
21232	McDONALD'S, FILET-O-FISH	25.50

NDB_No	Description	Selenium, Se(µg) Value Per
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	25.50
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	25.50
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	25.50
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	25.50
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	25.50
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	25.40
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	25.40
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	25.40
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	25.40
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	25.40
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	25.40
07071	Salami, dry or hard, pork	25.40
07926	Salami, Italian, pork	25.40
08037	Cereals ready-to-eat, granola, homemade	25.40
10153	Pork, cured, ham, whole, separable lean only, roasted	25.40
12220	Seeds, flaxseed	25.40
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	25.40
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	25.40
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	25.40
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	25.30
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	25.30
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	25.30
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	25.30
18025	Bread, cracked-wheat	25.30
21020	Fast foods, english muffin, with cheese and sausage	25.30
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	25.30
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	25.30
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	25.30
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	25.30
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	25.30
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	25.20
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	25.20
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	25.20
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	25.20
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	25.20
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	25.20

NDB_No	Description	Selenium, Se(µg) Value Per
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	25.20
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	25.20
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	25.20
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	25.20
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	25.20
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	25.20
05126	Chicken, stewing, meat only, cooked, stewed	25.20
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	25.20
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	25.20
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	25.20
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	25.20
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	25.20
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	25.20
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	25.20
18079	Bread crumbs, dry, grated, plain	25.20
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	25.10
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	25.10
18297	Pancakes, special dietary, dry mix	25.10
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	25.10
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	25.10
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	25.10
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	25.10
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	25.10
21246	WENDY'S, Chicken Nuggets	25.00
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	25.00
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	25.00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.00
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	25.00
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	25.00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	25.00
10128	Pork, cured, breakfast strips, raw or unheated	25.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	25.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	25.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	24.90
08116	Cereals, MALT-O-MEAL, original, plain, dry	24.90
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	24.90

NDB_No	Description	Selenium, Se(µg) Value Per
08546	Rice and Wheat cereal bar	24.90
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	24.90
21250	BURGER KING, Hamburger	24.90
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	24.90
21610	School Lunch, chicken patty, whole grain breaded	24.90
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	24.90
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	24.90
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	24.90
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	24.90
32010	Pasta mix, Italian lasagna, unprepared	24.90
21014	Fast foods, croissant, with egg, cheese, and sausage	24.80
21202	Fast foods, hamburger, large, single patty, with condiments	24.80
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	24.80
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	24.80
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	24.80
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	24.80
32024	Rice mix, cheese flavor, dry mix, unprepared	24.80
36403	Restaurant, Latino, empanadas, beef, prepared	24.80
07036	Sausage, Italian, pork, raw	24.80
11269	Mushrooms, shiitake, cooked, without salt	24.80
11798	Mushrooms, shiitake, cooked, with salt	24.80
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	24.80
14033	Beverages, ABBOTT, EAS whey protein powder	24.80
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	24.70
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	24.70
05327	Chicken breast tenders, breaded, uncooked	24.70
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	24.70
06983	Soup, ramen noodle, chicken flavor, dry	24.70
13331	Beef, variety meats and by-products, pancreas, raw	24.70
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	24.70
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	24.70
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	24.70
18376	Bread crumbs, dry, grated, seasoned	24.70
21108	Fast foods, hamburger; single, regular patty; with condiments	24.70
21398	Fast foods, cheeseburger; single, large patty; with condiments	24.70
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	24.70

NDB_No	Description	Selenium, Se(µg) Value Per
28349	Cookies, oatmeal, reduced fat	24.70
36000	APPLEBEE'S, 9 oz house sirloin steak	24.70
36059	Restaurant, Italian, chicken parmesan without pasta	24.70
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	24.60
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	24.60
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	24.60
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	24.60
25059	Snacks, brown rice chips	24.60
42204	Rice cake, cracker (include hain mini rice cakes)	24.60
05114	Chicken, roasting, meat only, cooked, roasted	24.60
05668	Ground turkey, 85% lean, 15% fat, raw	24.60
07008	Bologna, beef and pork	24.60
07900	Turkey, pork, and beef sausage, low fat, smoked	24.60
10219	Pork, fresh, ground, raw	24.60
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	24.60
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	24.60
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	24.60
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	24.60
18039	Bread, oatmeal	24.60
19051	Snacks, rice cracker brown rice, plain	24.60
19816	Snacks, rice cakes, brown rice, plain, unsalted	24.60
05012	Chicken, broilers or fryers, meat only, cooked, fried	24.50
05336	USDA Commodity Chicken, canned, meat only, drained	24.50
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	24.50
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	24.50
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	24.50
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	24.50
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	24.50
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	24.50
18044	Bread, pumpernickel	24.50
18050	Bread, reduced-calorie, oat bran, toasted	24.50
18211	Puff pastry, frozen, ready-to-bake, baked	24.50
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	24.50
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	24.50
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	24.50
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	24.40

NDB_No	Description	Selenium, Se(µg) Value Per
21251	BURGER KING, Cheeseburger	24.40
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	24.40
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	24.40
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	24.40
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	24.40
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	24.40
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	24.40
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	24.40
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	24.30
18233	Crackers, wheat, sandwich, with cheese filling	24.30
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	24.30
21258	BURGER KING, Premium Fish Sandwich	24.30
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	24.30
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	24.30
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	24.30
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	24.20
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	24.20
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	24.20
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	24.20
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	24.20
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	24.20
18337	Puff pastry, frozen, ready-to-bake	24.20
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	24.10
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	24.10
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	24.10
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	24.10
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	24.10
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	24.10
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	24.10
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	24.10
19053	Snacks, rice cakes, brown rice, sesame seed	24.10
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	24.10
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	24.10
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	24.10
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	24.10
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	24.10

NDB_No	Description	Selenium, Se(µg) Value Per
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	24.10
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	24.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	24.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	24.00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	24.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	24.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	24.00
36058	OLIVE GARDEN, chicken parmigiana without pasta	24.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	24.00
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	24.00
15236	Fish, salmon, Atlantic, farmed, raw	24.00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	24.00
18237	Cream puff shell, prepared from recipe	24.00
01146	Cheese, parmesan, shredded	23.90
02020	Spices, garlic powder	23.90
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	23.90
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	23.90
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	23.90
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	23.90
20110	Noodles, egg, enriched, cooked	23.90
20310	Noodles, egg, cooked, enriched, with added salt	23.90
20410	Noodles, egg, unenriched, cooked, without added salt	23.90
20510	Noodles, egg, cooked, unenriched, with added salt	23.90
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	23.90
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	23.90
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	23.90
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	23.90
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	23.90
28351	Cookies, Marie biscuit	23.90
43340	Cheese, parmesan, low sodium	23.90
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	23.80
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	23.80
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	23.80
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	23.80
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	23.80
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	23.80

NDB_No	Description	Selenium, Se(µg) Value Per
18226	Crackers, rye, wafers, plain	23.80
03189	Babyfood, cereal, oatmeal, dry fortified	23.70
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	23.70
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	23.70
17177	Game meat, rabbit, domesticated, composite of cuts, raw	23.70
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	23.70
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	23.70
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	23.70
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	23.70
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	23.70
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	23.60
23095	Beef, chuck for stew, separable lean and fat, choice, raw	23.60
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	23.60
36051	ON THE BORDER, cheese quesadilla	23.60
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	23.60
05112	Chicken, roasting, meat and skin, cooked, roasted	23.60
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	23.60
15174	Mollusks, scallop, mixed species, imitation, made from surimi	23.60
15240	Fish, trout, rainbow, farmed, raw	23.60
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	23.60
01132	Egg, whole, cooked, scrambled	23.50
03216	Babyfood, teething biscuits	23.50
08172	Cereals, farina, unenriched, dry	23.50
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	23.50
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	23.50
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	23.50
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	23.50
18352	Rolls, hamburger or hotdog, reduced-calorie	23.50
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	23.50
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	23.50
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	23.50
21259	BURGER KING, Original Chicken Sandwich	23.40
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	23.40
42285	Babyfood, cereal, brown rice, dry, instant	23.40
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	23.40
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	23.40

NDB_No	Description	Selenium, Se(µg) Value Per
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	23.40
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	23.40
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	23.40
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	23.40
05324	Chicken patty, frozen, cooked	23.30
10102	Pork, fresh, variety meats and by-products, feet, raw	23.30
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	23.30
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	23.30
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	23.30
18338	Phyllo dough	23.30
21007	Fast foods, biscuit, with egg, cheese, and bacon	23.30
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	23.30
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	23.30
36052	Restaurant, Mexican, cheese quesadilla	23.30
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	23.20
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	23.20
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	23.20
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	23.20
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	23.20
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	23.20
08122	Cereals, oats, instant, fortified, plain, dry	23.20
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	23.10
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	23.10
06583	Soup, ramen noodle, any flavor, dry	23.10
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	23.10
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	23.10
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	23.10
18071	Bread, white, prepared from recipe, made with nonfat dry milk	23.10
21241	WENDY'S, Jr. Hamburger, without cheese	23.10
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	23.10
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	23.10
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	23.10
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	23.10
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	23.10
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	23.00
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	23.00

NDB_No	Description	Selenium, Se(µg) Value Per
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	23.00
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	23.00
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	23.00
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	23.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	23.00
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	23.00
07024	Frankfurter, chicken	23.00
07940	Macaroni and cheese loaf, chicken, pork and beef	23.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	23.00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	23.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	23.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	23.00
18051	Bread, reduced-calorie, oatmeal	23.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	22.90
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	22.90
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22.90
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	22.90
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	22.90
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	22.90
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	22.90
15019	Fish, cod, Pacific, raw (may have been previously frozen)	22.90
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	22.90
18332	Pie crust, standard-type, dry mix	22.90
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	22.90
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	22.90
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	22.90
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	22.90
43285	Eggs, scrambled, frozen mixture	22.90
22953	Egg rolls, pork, refrigerated, heated	22.80
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	22.80
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22.80
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	22.80
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	22.80
36008	T.G.I. FRIDAY'S, fried mozzarella	22.80
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	22.80
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	22.80

NDB_No	Description	Selenium, Se(µg) Value Per
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	22.80
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	22.80
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	22.80
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	22.80
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	22.80
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	22.80
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	22.80
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22.80
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	22.80
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	22.80
05185	Turkey from whole, light meat, raw	22.70
05219	Turkey, breast, from whole bird, meat only, raw	22.70
05227	Turkey, wing, from whole bird, meat only, raw	22.70
05696	Turkey from whole, light meat, meat only, with added solution, raw	22.70
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	22.70
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	22.70
05738	Turkey, drumstick, from whole bird, meat only, raw	22.70
07965	Pork sausage, link/patty, reduced fat, unprepared	22.70
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	22.70
17202	Veal, variety meats and by-products, liver, raw	22.70
18239	Croissants, butter	22.70
21090	Fast foods, cheeseburger; single, regular patty, with condiments	22.70
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	22.70
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	22.70
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	22.70
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	22.70
21005	Fast Foods, biscuit, with egg and sausage	22.60
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	22.60
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	22.60
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	22.60
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	22.60
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	22.60
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22.60
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22.60
36016	Restaurant, family style, shrimp, breaded and fried	22.60
05167	Turkey, whole, meat only, raw	22.60

NDB_No	Description	Selenium, Se(µg) Value Per
05704	Turkey, whole, meat only, with added solution, raw	22.60
07050	Mortadella, beef, pork	22.60
07912	Roast beef spread	22.60
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	22.60
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	22.60
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	22.60
16147	Veggie burgers or soyburgers, unprepared	22.60
18416	Bread, white, commercially prepared, low sodium, no salt	22.60
01033	Cheese, parmesan, hard	22.50
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	22.50
07953	Pork sausage, link/patty, fully cooked, microwaved	22.50
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	22.50
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	22.50
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	22.50
21018	Fast foods, egg, scrambled	22.50
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	22.50
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	22.50
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	22.40
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	22.40
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	22.40
01227	Cheese, dry white, queso seco	22.40
05142	Duck, domesticated, meat only, cooked, roasted	22.40
05187	Turkey from whole, dark meat, meat only, raw	22.40
05191	Turkey, all classes, breast, meat and skin, raw	22.40
05195	Turkey, all classes, wing, meat and skin, raw	22.40
05215	Turkey, back from whole bird, meat only, raw	22.40
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	22.40
05694	Turkey, dark meat from whole, meat only, with added solution, raw	22.40
05719	Turkey, back, from whole bird, meat only, with added solution, raw	22.40
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	22.40
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	22.40
05740	Turkey, thigh, from whole bird, meat only, raw	22.40
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	22.40
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22.40
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	22.40
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	22.40

NDB_No	Description	Selenium, Se(µg) Value Per
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	22.30
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	22.30
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	22.30
05708	Turkey, retail parts, breast, meat only, with added solution, raw	22.30
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	22.30
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	22.30
15138	Crustaceans, crab, alaska king, imitation, made from surimi	22.30
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	22.30
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22.30
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	22.30
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	22.30
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	22.30
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	22.20
22902	Pizza, meat topping, thick crust, frozen, cooked	22.20
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	22.20
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22.20
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22.20
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	22.20
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	22.20
42280	Frankfurter, meat and poultry, low fat	22.20
07927	Sausage, Italian, turkey, smoked	22.20
07929	Sausage, turkey, hot, smoked	22.20
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	22.20
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	22.20
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	22.20
05662	Ground turkey, fat free, raw	22.10
05710	Turkey, retail parts, breast, meat only, raw	22.10
10184	Pork, cured, ham, extra lean and regular, canned, unheated	22.10
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	22.10
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	22.10
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	22.10
18333	Pie crust, standard-type, dry mix, prepared, baked	22.10
20127	Spaghetti, spinach, cooked	22.10
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	22.10
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	22.10
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	22.10

NDB_No	Description	Selenium, Se(µg) Value Per
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	22.10
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	22.10
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	22.00
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	22.00
21525	PIZZA HUT, breadstick, parmesan garlic	22.00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	22.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	22.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	22.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	22.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	22.00
28305	Pancakes, plain, reduced fat	22.00
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	22.00
05013	Chicken, broilers or fryers, meat only, roasted	22.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	22.00
07089	Sausage, Italian, pork, cooked	22.00
10088	Pork, fresh, spareribs, separable lean and fat, raw	22.00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	22.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	22.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	22.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	22.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	22.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	22.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	22.00
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	22.00
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	21.90
05305	Ground turkey, raw	21.90
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	21.90
11243	Mushrooms, portabella, grilled	21.90
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	21.90
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	21.90
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	21.90
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	21.90
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	21.90
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	21.90
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	21.90
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	21.90

NDB_No	Description	Selenium, Se(µg) Value Per
18021	Bread, boston brown, canned	21.90
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	21.90
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	21.90
21242	WENDY'S, Jr. Hamburger, with cheese	21.90
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	21.90
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	21.90
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	21.90
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	21.90
20112	Noodles, egg, spinach, enriched, cooked	21.80
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	21.80
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	21.80
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	21.80
43282	Quail, cooked, total edible	21.80
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	21.80
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	21.80
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	21.80
05147	Goose, domesticated, meat and skin, cooked, roasted	21.80
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	21.80
13320	Beef, variety meats and by-products, brain, cooked, simmered	21.80
13321	Beef, variety meats and by-products, heart, raw	21.80
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	21.80
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	21.80
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	21.80
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	21.80
14063	Beverages, chocolate powder, no sugar added	21.80
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	21.80
18234	Crackers, wheat, sandwich, with peanut butter filling	21.80
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	21.70
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	21.70
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	21.70
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	21.70
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	21.70
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	21.70
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	21.70
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	21.70
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	21.70

NDB_No	Description	Selenium, Se(µg) Value Per
18048	Bread, raisin, enriched, toasted	21.70
18057	Bread, reduced-calorie, white	21.70
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	21.70
90240	Mollusks, scallop, (bay and sea), cooked, steamed	21.70
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	21.60
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	21.60
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	21.60
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	21.60
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	21.60
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	21.60
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	21.60
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	21.60
05136	Chicken, capons, meat and skin, cooked, roasted	21.60
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	21.60
05712	Turkey, retail parts, wing, meat only, raw	21.60
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	21.60
13338	Beef, variety meats and by-products, thymus, cooked, braised	21.60
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	21.60
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	21.60
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	21.60
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	21.60
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	21.60
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	21.60
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	21.60
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	21.60
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	21.60
05717	Turkey, retail parts, thigh, meat only, raw	21.50
07060	Luxury loaf, pork	21.50
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	21.50
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	21.50
13317	Beef, ground, patties, frozen, cooked, broiled	21.50
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	21.50
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	21.50
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	21.50
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	21.50
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.50

NDB_No	Description	Selenium, Se(µg) Value Per
17219	Veal, variety meats and by-products, thymus, cooked, braised	21.50
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	21.50
18230	Crackers, standard snack-type, sandwich, with cheese filling	21.50
21115	Fast foods, hamburger, large, triple patty, with condiments	21.50
21224	Pizza, cheese topping, regular crust, frozen, cooked	21.50
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21.50
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	21.50
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	21.50
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	21.50
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	21.50
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	21.50
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	21.50
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	21.50
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	21.50
23503	USDA Commodity, beef, patties (100%), frozen, cooked	21.50
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	21.50
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	21.50
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	21.50
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	21.50
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	21.40
21505	Pizza, cheese topping, thin crust, frozen, cooked	21.40
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	21.40
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	21.40
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	21.40
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	21.40
05323	Chicken patty, frozen, uncooked	21.40
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	21.40
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	21.40
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	21.40
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	21.40
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	21.40
18457	Crackers, saltines, fat-free, low-sodium	21.40
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	21.30
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	21.30
05165	Turkey, whole, meat and skin, raw	21.30
07001	Barbecue loaf, pork, beef	21.30

NDB_No	Description	Selenium, Se(µg) Value Per
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	21.30
13318	Beef, variety meats and by-products, brain, raw	21.30
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	21.30
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	21.30
19187	Flan, caramel custard, dry mix	21.30
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	21.30
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21.30
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	21.30
21006	Fast foods, biscuit with egg and steak	21.20
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	21.20
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	21.20
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	21.20
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	21.20
05716	Turkey, retail parts, drumstick, meat only, raw	21.20
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	21.20
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	21.20
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	21.20
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	21.20
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	21.20
05170	Turkey, skin from whole (light and dark), roasted	21.10
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	21.10
07019	Chorizo, pork and beef	21.10
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	21.10
13000	Beef, grass-fed, strip steaks, lean only, raw	21.10
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	21.10
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	21.10
17206	Lamb, variety meats and by-products, lungs, cooked, braised	21.10
18175	Cookies, ladyfingers, with lemon juice and rind	21.10
18336	Pie crust, standard-type, prepared from recipe, baked	21.10
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	21.10
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	21.10
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	21.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	21.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	21.00
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	21.00
05080	Chicken, broilers or fryers, leg, meat only, raw	21.00

NDB_No	Description	Selenium, Se(µg) Value Per
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	21.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	21.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	21.00
05014	Chicken, broilers or fryers, meat only, stewed	20.90
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	20.90
07003	Beerwurst, beer salami, pork	20.90
08002	Cereals ready-to-eat, POST, ALPHA-BITS	20.90
21111	Fast foods, hamburger; double, regular patty; with condiments	20.90
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	20.90
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	20.90
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	20.90
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	20.90
36043	CARRABBA'S ITALIAN GRILL, lasagne	20.90
21488	Fast foods, quesadilla, with chicken	20.80
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	20.80
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	20.80
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	20.80
36613	DENNY'S, macaroni & cheese, from kid's menu	20.80
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	20.80
05310	Chicken, cornish game hens, meat only, cooked, roasted	20.80
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	20.80
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	20.80
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	20.80
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	20.80
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	20.80
18225	Crackers, rye, sandwich-type with cheese filling	20.80
05181	Turkey from whole, light meat, meat and skin, raw	20.70
05300	Turkey sticks, breaded, battered, fried	20.70
06101	Soup, cream of vegetable, dry, powder	20.70
07029	Ham, sliced, regular (approximately 11% fat)	20.70
07064	Pork sausage, link/patty, cooked, pan-fried	20.70
13330	Beef, variety meats and by-products, mechanically separated beef, raw	20.70
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	20.70
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	20.70
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	20.70
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	20.70

NDB_No	Description	Selenium, Se(µg) Value Per
17212	Veal, variety meats and by-products, pancreas, raw	20.70
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	20.70
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	20.70
43283	Pheasant, cooked, total edible	20.70
21003	Fast foods, biscuit, with egg and bacon	20.60
21143	CHICK-FIL-A, Chick-n-Strips	20.60
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	20.60
25051	Snacks, CLIF BAR, mixed flavors	20.60
42205	Cheese, pasteurized process, cheddar or American, fat-free	20.60
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	20.60
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	20.60
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	20.60
18049	Bread, reduced-calorie, oat bran	20.60
03190	Babyfood, cereal, oatmeal, with bananas, dry	20.50
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	20.50
03206	Babyfood, cookie, baby, fruit	20.50
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	20.50
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	20.50
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	20.50
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	20.50
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	20.50
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	20.50
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	20.50
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	20.50
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	20.50
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	20.50
23220	Beef, ground, unspecified fat content, cooked	20.50
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	20.50
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	20.40
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	20.40
36055	Restaurant, Italian, cheese ravioli with marinara sauce	20.40
02009	Spices, chili powder	20.40
05732	Turkey, retail parts, breast, meat and skin, raw	20.40
01094	Milk, buttermilk, dried	20.30
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	20.30
05736	Turkey, retail parts, drumstick, meat and skin, raw	20.30

NDB_No	Description	Selenium, Se(µg) Value Per
07078	Thuringer, cervelat, summer sausage, beef, pork	20.30
07967	Pork sausage, link/patty, fully cooked, unheated	20.30
12086	Nuts, cashew nuts, oil roasted, without salt added	20.30
12586	Nuts, cashew nuts, oil roasted, with salt added	20.30
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20.30
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	20.30
18388	Muffins, wheat bran, toaster-type with raisins, toasted	20.30
21107	Fast foods, hamburger; single, regular patty; plain	20.30
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	20.30
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	20.30
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	20.30
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	20.30
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	20.30
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	20.20
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	20.20
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	20.20
01042	Cheese, pasteurized process, American, fortified with vitamin D	20.20
01253	Cheese, pasteurized process, American, without added vitamin D	20.20
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	20.20
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	20.20
05183	Turkey, dark meat, meat and skin, raw	20.20
05706	Turkey, whole, meat and skin, with added solution, raw	20.20
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	20.20
07924	Bratwurst, pork, beef and turkey, lite, smoked	20.20
07928	Sausage, chicken, beef, pork, skinless, smoked	20.20
10123	Pork, cured, bacon, unprepared	20.10
15106	Fish, sturgeon, mixed species, smoked	20.10
17209	Lamb, variety meats and by-products, mechanically separated, raw	20.10
18224	Crackers, rusk toast	20.10
18269	French toast, prepared from recipe, made with low fat (2%) milk	20.10
21002	Fast foods, biscuit, with egg	20.10
21254	BURGER KING, DOUBLE WHOPPER, no cheese	20.10
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	20.10
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	20.10
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	20.10
43287	Dove, cooked (includes squab)	20.10

NDB_No	Description	Selenium, Se(µg) Value Per
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	20.00
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	20.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	20.00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	20.00
25036	Snacks, granola bites, mixed flavors	20.00
36015	Restaurant, family style, chicken fingers, from kid's menu	20.00
01124	Egg, white, raw, fresh	20.00
03186	Babyfood, cereal, mixed, with bananas, dry	20.00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	20.00
05140	Duck, domesticated, meat and skin, cooked, roasted	20.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	20.00
07030	Ham, minced	20.00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	20.00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	20.00
08106	Cereals, CREAM OF WHEAT, instant, dry	20.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	20.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	20.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	20.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	20.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	20.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	20.00
17149	Bison, ground, grass-fed, raw	20.00
18047	Bread, raisin, enriched	20.00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	20.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	19.90
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	19.90
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	19.90
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	19.90
08305	Cereals ready-to-eat, Post, Waffle Crisp	19.90
12087	Nuts, cashew nuts, raw	19.90
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.90
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	19.90
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	19.90
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.90
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.90

NDB_No	Description	Selenium, Se(µg) Value Per
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	19.90
20046	Rice, white, long-grain, parboiled, enriched, dry	19.90
20446	Rice, white, long-grain, parboiled, unenriched, dry	19.90
21102	Fast foods, chicken fillet sandwich, plain with pickles	19.90
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	19.90
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	19.90
21243	WENDY'S, CLASSIC DOUBLE, with cheese	19.90
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	19.90
21526	CHICK-FIL-A, chicken sandwich	19.90
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19.90
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	19.90
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	19.90
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	19.90
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	19.90
20106	Macaroni, vegetable, enriched, cooked	19.80
21112	Fast foods, hamburger; single, large patty; plain	19.80
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	19.80
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	19.80
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	19.80
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	19.80
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	19.80
25062	Snack, Mixed Berry Bar	19.80
05742	Turkey, retail parts, thigh, meat and skin, raw	19.80
07968	Kielbasa, fully cooked, grilled	19.80
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	19.80
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	19.80
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	19.80
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.80
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	19.80
17208	Veal, variety meats and by-products, lungs, cooked, braised	19.80
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.80
18972	Bread, cheese	19.80
05124	Chicken, stewing, meat and skin, cooked, stewed	19.70
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	19.70
13358	Beef, cured, smoked, chopped beef	19.70
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	19.70

NDB_No	Description	Selenium, Se(µg) Value Per
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	19.70
15167	Mollusks, oyster, eastern, wild, raw	19.70
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.70
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	19.70
21417	POPEYES, Mild Chicken Strips, analyzed 2006	19.70
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	19.70
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19.70
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	19.70
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	19.70
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	19.70
36034	Restaurant, family style, chicken tenders	19.70
21089	Fast foods, cheeseburger; single, regular patty; plain	19.60
21096	Fast foods, cheeseburger; single, large patty; plain	19.60
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19.60
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	19.60
01046	Cheese food, pasteurized process, American, vitamin D fortified	19.60
01254	Cheese food, pasteurized process, American, without added vitamin D	19.60
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	19.60
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	19.60
05337	USDA Commodity, Chicken, canned, meat only, with water	19.60
05338	USDA Commodity, Chicken, canned, meat only, with broth	19.60
06982	Soup, ramen noodle, beef flavor, dry	19.60
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	19.60
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	19.60
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	19.60
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	19.60
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.60
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19.60
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.60
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	19.60
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	19.60
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.60
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	19.50
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	19.50
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	19.50
18016	Biscuits, plain or buttermilk, prepared from recipe	19.50

NDB_No	Description	Selenium, Se(µg) Value Per
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	19.50
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	19.50
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	19.50
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	19.50
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19.50
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	19.50
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	19.50
43326	Pork, cured, ham, low sodium, lean and fat, cooked	19.50
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	19.50
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	19.40
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	19.40
36017	Restaurant, family style, macaroni & cheese, from kids' menu	19.40
06959	Gravy, instant turkey, dry	19.40
07974	Bacon, turkey, low sodium	19.40
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19.40
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.40
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	19.40
01228	Cheese, fresh, queso fresco	19.30
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	19.30
16111	Soybeans, mature seeds, dry roasted	19.30
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	19.30
17203	Veal, variety meats and by-products, liver, cooked, braised	19.30
21011	Fast foods, croissant, with egg and cheese	19.30
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	19.30
22978	Chicken tenders, breaded, frozen, prepared	19.30
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19.30
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19.30
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.30
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	19.30
21004	Fast foods, biscuit, with egg and ham	19.20
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	19.20
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	19.20
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	19.20
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	19.20
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	19.20
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19.20

NDB_No	Description	Selenium, Se(µg) Value Per
01161	Cheese substitute, mozzarella	19.20
05286	Turkey and gravy, frozen	19.20
07091	New england brand sausage, pork, beef	19.20
07910	Bratwurst, veal, cooked	19.20
08610	Cereals ready-to-eat, KASHI Honey Sunshine	19.20
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	19.20
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	19.20
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	19.20
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	19.10
16110	Soybeans, mature seeds, roasted, salted	19.10
16410	Soybeans, mature seeds, roasted, no salt added	19.10
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	19.10
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	19.10
21012	Fast foods, croissant, with egg, cheese, and bacon	19.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	19.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	19.00
28324	Pancakes, whole wheat, dry mix, incomplete	19.00
05665	Ground turkey, 93% lean, 7% fat, raw	19.00
08100	Cereals, CREAM OF RICE, dry	19.00
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	19.00
13346	Beef, cured, corned beef, brisket, raw	19.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	19.00
18240	Croissants, apple	19.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	18.90
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	18.90
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	18.90
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	18.90
18245	Danish pastry, cheese	18.90
19021	Snacks, granola bars, soft, uncoated, peanut butter	18.90
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	18.90
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	18.90
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	18.90
36012	Restaurant, family style, fried mozzarella sticks	18.90
42304	Cheese, mozzarella, nonfat	18.90
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	18.80
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	18.80

NDB_No	Description	Selenium, Se(µg) Value Per
05159	Quail, breast, meat only, raw	18.80
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	18.80
10152	Pork, cured, ham, whole, separable lean only, unheated	18.80
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	18.80
17224	Lamb, ground, raw	18.80
18009	Biscuits, plain or buttermilk, frozen, baked	18.80
18402	Pie crust, standard-type, prepared from recipe, unbaked	18.80
07905	Frankfurter, beef, pork, and turkey, fat free	18.70
07969	Kielbasa, fully cooked, pan-fried	18.70
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	18.70
17330	Game meat , bison, ground, raw	18.70
18386	Muffins, blueberry, toaster-type, toasted	18.70
20001	Amaranth grain, uncooked	18.70
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	18.70
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	18.70
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	18.70
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	18.60
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	18.60
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	18.60
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	18.60
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	18.60
35142	Frybread, made with lard (Navajo)	18.60
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	18.60
07026	Ham, chopped, canned	18.60
11265	Mushrooms, portabella, raw	18.60
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	18.60
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	18.50
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	18.50
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	18.50
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	18.50
12108	Nuts, coconut meat, dried (desiccated), not sweetened	18.50
17424	Veal, ground, cooked, pan-fried	18.50
18134	Cake, sponge, prepared from recipe	18.50
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	18.50
22970	Macaroni and cheese, frozen entree	18.50
36612	DENNY'S, golden fried shrimp	18.50

NDB_No	Description	Selenium, Se(µg) Value Per
21253	BURGER KING, WHOPPER, with cheese	18.40
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	18.40
36032	DENNY'S, spaghetti and meatballs	18.40
36038	Restaurant, family style, spaghetti and meatballs	18.40
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	18.40
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	18.40
05311	Chicken, canned, no broth	18.40
07021	Dutch brand loaf, chicken, pork and beef	18.40
07979	Sausage, pork, turkey, and beef, reduced sodium	18.40
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	18.40
07074	Smoked link sausage, pork	18.30
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	18.30
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	18.30
21121	Fast foods, roast beef sandwich, plain	18.20
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	18.20
21252	BURGER KING, WHOPPER, no cheese	18.20
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	18.20
21527	ARBY'S, roast beef sandwich, classic	18.20
17176	Game meat, opossum, cooked, roasted	18.20
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	18.10
13001	Beef, carcass, separable lean and fat, choice, raw	18.10
13337	Beef, variety meats and by-products, thymus, raw	18.10
15014	Fish, cisco, smoked	18.10
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	18.10
21421	KFC, Crispy Chicken Strips	18.10
20063	Rye flour, dark	18.00
21105	Fast foods, fish sandwich, with tartar sauce	18.00
36041	Restaurant, Italian, lasagna with meat	18.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	18.00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	18.00
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	18.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	18.00
05734	Turkey, retail parts, wing, meat and skin, raw	18.00
06958	Gravy, instant beef, dry	18.00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	18.00
17107	Veal, loin, separable lean only, raw	18.00

NDB_No	Description	Selenium, Se(µg) Value Per
17182	Game meat, raccoon, cooked, roasted	18.00
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	18.00
18284	Muffins, wheat bran, dry mix	18.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	17.90
05354	USDA Commodity, turkey taco meat, frozen, cooked	17.90
21013	Fast foods, croissant, with egg, cheese, and ham	17.90
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	17.90
21395	Fast foods, cheeseburger; double, regular patty; with condiments	17.90
36018	APPLEBEE'S, fish, hand battered	17.80
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	17.80
05039	Chicken, broilers or fryers, light meat, meat only, raw	17.80
05105	Chicken, broilers or fryers, wing, meat only, raw	17.80
05117	Chicken, roasting, light meat, meat only, raw	17.80
05129	Chicken, stewing, light meat, meat only, raw	17.80
07031	Ham salad spread	17.80
07063	Pork sausage, link/patty, unprepared	17.80
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	17.80
10112	Pork, fresh, variety meats and by-products, lungs, raw	17.80
16108	Soybeans, mature seeds, raw	17.80
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	17.80
19304	Molasses	17.80
01204	Cheese, parmesan, dry grated, reduced fat	17.70
01267	Cheese, mexican, queso cotija	17.70
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	17.70
07059	Polish sausage, pork	17.70
07915	Sausage, Polish, beef with chicken, hot	17.70
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	17.70
13355	Beef, cured, pastrami	17.70
17205	Lamb, variety meats and by-products, lungs, raw	17.70
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	17.70
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	17.70
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	17.70
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	17.70
21611	School Lunch, chicken nuggets, whole grain breaded	17.70
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	17.70
23477	Beef, ground, 97% lean meat / 3% fat, raw	17.70

NDB_No	Description	Selenium, Se(µg) Value Per
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	17.70
32032	Sausage, egg and cheese breakfast biscuit	17.70
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	17.70
20065	Rye flour, light	17.60
28352	Cookies, vanilla sandwich with creme filling, reduced fat	17.60
36004	APPLEBEE'S, mozzarella sticks	17.60
05100	Chicken, broilers or fryers, wing, meat and skin, raw	17.60
07970	Kielbasa, fully cooked, unheated	17.60
18208	Cookies, sugar, prepared from recipe, made with margarine	17.60
18277	Muffins, blueberry, toaster-type	17.60
05152	Guinea hen, meat only, raw	17.50
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	17.50
18959	Pastry, Pastelitos de Guava (guava pastries)	17.50
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	17.50
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	17.50
21401	Fast foods, chicken tenders	17.50
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	17.50
36033	Restaurant, family style, fish fillet, battered or breaded, fried	17.50
23557	Beef, ground, 95% lean meat / 5% fat, raw	17.40
28345	Crackers, gluten-free, multi-seeded and multigrain	17.40
43379	Cheese, pasteurized process, swiss, low fat	17.40
05158	Quail, meat only, raw	17.40
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	17.40
07002	Beerwurst, beer salami, pork and beef	17.40
07027	Ham, chopped, not canned	17.40
07931	Beerwurst, pork and beef	17.40
07951	Scrapple, pork	17.40
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	17.40
16426	Tofu, raw, firm, prepared with calcium sulfate	17.40
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	17.40
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	17.30
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	17.30
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	17.30
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	17.30
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	17.30
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	17.30

NDB_No	Description	Selenium, Se(µg) Value Per
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	17.30
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	17.30
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	17.30
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	17.30
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	17.30
14218	Beverages, coffee, instant, decaffeinated, powder	17.30
16132	Tofu, salted and fermented (fuyu)	17.30
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	17.30
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	17.30
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	17.30
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	17.30
21487	Fast foods, taco with chicken, lettuce and cheese, soft	17.30
22954	Egg rolls, chicken, refrigerated, heated	17.30
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	17.30
28320	English muffins, whole grain white	17.30
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	17.30
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	17.30
43218	Cereals ready-to-eat, ALPEN	17.30
43241	Cereals ready-to-eat, FAMILIA	17.30
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	17.30
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	17.20
25024	Pretzels, soft, unsalted	17.20
36029	DENNY'S, fish fillet, battered or breaded, fried	17.20
43109	Pretzels, soft	17.20
03213	Babyfood, cookies	17.20
03214	Babyfood, cookies, arrowroot	17.20
07020	Corned beef loaf, jellied	17.20
12084	Nuts, butternuts, dried	17.20
17207	Veal, variety meats and by-products, lungs, raw	17.20
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	17.20
18377	Cookies, oatmeal, prepared from recipe, without raisins	17.20
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	17.10
08092	Cereals, QUAKER, corn grits, instant, plain, dry	17.10
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	17.10
08393	Cereals ready-to-eat, KASHI GOLEAN	17.10
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	17.10

NDB_No	Description	Selenium, Se(µg) Value Per
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	17.10
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	17.10
19418	Snacks, sesame sticks, wheat-based, salted	17.10
19820	Snacks, sesame sticks, wheat-based, unsalted	17.10
20036	Rice, brown, long-grain, raw	17.10
21008	Fast foods, biscuit, with ham	17.10
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	17.10
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	17.10
23472	Beef, ground, 93% lean meat / 7% fat, raw	17.10
36629	Restaurant, Chinese, orange chicken	17.10
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	17.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	17.00
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	17.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	17.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	17.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	17.00
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	17.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	17.00
36027	DENNY'S, chicken strips	17.00
01026	Cheese, mozzarella, whole milk	17.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	17.00
07015	Brotwurst, pork, beef, link	17.00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	17.00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	17.00
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	17.00
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	17.00
12154	Nuts, walnuts, black, dried	17.00
18126	Cake, shortcake, biscuit-type, prepared from recipe	17.00
18244	Danish pastry, cinnamon, enriched	17.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	17.00
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	17.00
05113	Chicken, roasting, meat only, raw	16.90
07083	Sausage, Vienna, canned, chicken, beef, pork	16.90
14196	Beverages, Cocoa mix, no sugar added, powder	16.90
36005	APPLEBEE'S, chicken tenders, from kids' menu	16.90
36040	CRACKER BARREL, macaroni n' cheese	16.90

NDB_No	Description	Selenium, Se(µg) Value Per
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	16.80
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	16.80
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	16.80
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	16.80
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	16.80
21486	Fast foods, taco with beef, cheese and lettuce, soft	16.80
32019	Lasagna, cheese, frozen, unprepared	16.80
36023	APPLEBEE'S, chicken tenders platter	16.80
36631	OLIVE GARDEN, spaghetti with meat sauce	16.80
43299	Soybean, curd cheese	16.80
93600	Turtle, green, raw	16.80
05148	Goose, domesticated, meat only, raw	16.80
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	16.80
16160	Tofu, hard, prepared with nigari	16.80
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	16.80
01037	Cheese, ricotta, part skim milk	16.70
05155	Pheasant, breast, meat only, raw	16.70
05353	USDA Commodity, chicken fajita strips, frozen	16.70
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	16.70
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	16.70
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	16.70
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	16.70
18268	French toast, frozen, ready-to-heat	16.70
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	16.70
32006	Taquitos, frozen, chicken and cheese, oven-heated	16.70
36633	Restaurant, Chinese, sesame chicken	16.70
23562	Beef, ground, 90% lean meat / 10% fat, raw	16.60
28301	Cookies, peanut butter, commercially prepared, sugar free	16.60
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	16.60
42190	Pork sausage rice links, brown and serve, cooked	16.60
43275	Cheese, pasteurized process, American, low fat	16.60
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	16.60
05057	Chicken, broilers or fryers, breast, meat and skin, raw	16.60
05157	Quail, meat and skin, raw	16.60
05356	Chicken, broiler, rotisserie, BBQ, skin	16.60
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	16.60

NDB_No	Description	Selenium, Se(µg) Value Per
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	16.60
18963	Garlic bread, frozen	16.60
19169	Egg custards, dry mix	16.60
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	16.50
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	16.50
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	16.50
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	16.50
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	16.50
18106	Coffeecake, fruit	16.50
20015	Corn bran, crude	16.50
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	16.50
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	16.50
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	16.50
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	16.50
42272	Snacks, granola bar, with coconut, chocolate coated	16.40
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	16.40
07051	Olive loaf, pork	16.40
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	16.40
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	16.40
13023	Beef, brisket, whole, separable lean only, all grades, raw	16.40
13353	Beef, cured, luncheon meat, jellied	16.40
14311	Beverages, Malted drink mix, natural, powder, dairy based.	16.40
19052	Snacks, rice cakes, brown rice, buckwheat	16.40
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	16.40
01090	Milk, dry, whole, with added vitamin D	16.30
01212	Milk, dry, whole, without added vitamin D	16.30
05151	Guinea hen, meat and skin, raw	16.30
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	16.30
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	16.30
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	16.30
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	16.30
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	16.30
18116	Cake, gingerbread, prepared from recipe	16.30
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	16.30
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	16.30
36024	CRACKER BARREL, chicken tenderloin platter, fried	16.30

NDB_No	Description	Selenium, Se(µg) Value Per
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	16.30
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	16.20
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	16.20
36611	DENNY'S, mozzarella cheese sticks	16.20
01045	Cheese food, cold pack, American	16.20
01252	Cheese product, pasteurized process, American, vitamin D fortified	16.20
05154	Pheasant, raw, meat only	16.20
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	16.20
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	16.20
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	16.20
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	16.20
15009	Fish, carp, cooked, dry heat	16.20
15063	Fish, pike, northern, cooked, dry heat	16.20
15105	Fish, sturgeon, mixed species, cooked, dry heat	16.20
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	16.20
15190	Fish, burbot, cooked, dry heat	16.20
15195	Fish, drum, freshwater, cooked, dry heat	16.20
15202	Fish, milkfish, cooked, dry heat	16.20
15204	Fish, pike, walleye, cooked, dry heat	16.20
15217	Fish, sucker, white, cooked, dry heat	16.20
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	16.20
15219	Fish, trout, mixed species, cooked, dry heat	16.20
15223	Fish, whitefish, mixed species, cooked, dry heat	16.20
17104	Veal, loin, separable lean and fat, raw	16.20
19015	Snacks, granola bars, hard, plain	16.20
19020	Snacks, granola bars, soft, uncoated, plain	16.20
01027	Cheese, mozzarella, whole milk, low moisture	16.10
01047	Cheese food, pasteurized process, swiss	16.10
07052	Pastrami, turkey	16.10
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	16.10
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	16.10
15061	Fish, perch, mixed species, cooked, dry heat	16.10
17218	Veal, variety meats and by-products, thymus, raw	16.10
18107	Coffeecake, cinnamon with crumb topping, dry mix	16.10
18967	Bread, white wheat	16.10
21256	BURGER KING, Chicken Strips	16.10

NDB_No	Description	Selenium, Se(µg) Value Per
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	16.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	16.00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	16.00
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	16.00
36049	ON THE BORDER, cheese enchilada	16.00
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	16.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	16.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	16.00
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	16.00
10894	Pork, cured, ham, separable fat, boneless, heated	16.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	16.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	16.00
18032	Bread, irish soda, prepared from recipe	16.00
01044	Cheese, pasteurized process, swiss	15.90
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	15.90
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	15.90
10096	Pork, fresh, variety meats and by-products, brain, raw	15.90
13002	Beef, carcass, separable lean and fat, select, raw	15.90
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	15.90
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	15.90
18223	Crackers, milk	15.90
18973	Focaccia, Italian flatbread, plain	15.90
22977	Lasagna with meat sauce, frozen, prepared	15.90
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	15.90
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	15.80
23567	Beef, ground, 85% lean meat / 15% fat, raw	15.80
36050	Restaurant, Mexican, cheese enchilada	15.80
05277	Chicken, canned, meat only, with broth	15.80
05309	Chicken, cornish game hens, meat only, raw	15.80
07254	Turkey bacon, unprepared	15.80
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	15.80
10132	Pork, cured, feet, pickled	15.80
10146	Pork, cured, ham, patties, unheated	15.80
10895	Pork, cured, ham, separable fat, boneless, unheated	15.80
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	15.80
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	15.80

NDB_No	Description	Selenium, Se(µg) Value Per
17131	Veal, shoulder, blade chop, separable lean only, raw	15.80
18270	Hush puppies, prepared from recipe	15.80
05011	Chicken, broilers or fryers, meat only, raw	15.70
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	15.70
05125	Chicken, stewing, meat only, raw	15.70
05153	Pheasant, raw, meat and skin	15.70
05303	Poultry, mechanically deboned, from mature hens, raw	15.70
07016	Cheesefurter, cheese smokie, pork, beef	15.70
07039	Lebanon bologna, beef	15.70
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	15.70
15027	Fish, fish sticks, frozen, prepared	15.70
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	15.70
19022	Snacks, granola bars, soft, uncoated, raisin	15.70
19433	Tortilla chips, low fat, baked without fat	15.70
19833	Snacks, tortilla chips, low fat, unsalted	15.70
42139	Granola bar, soft, milk chocolate coated, peanut butter	15.70
43566	Snacks, tortilla chips, light (baked with less oil)	15.70
43597	Cheese, mozzarella, low sodium	15.70
20060	Rice bran, crude	15.60
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	15.60
07088	Honey roll sausage, beef	15.60
17100	Veal, leg (top round), separable lean only, cooked, braised	15.60
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	15.60
18184	Cookies, oatmeal, prepared from recipe, with raisins	15.60
01182	USDA Commodity, cheese, cheddar, reduced fat	15.50
01209	Cheese, Mexican, blend, reduced fat	15.50
01259	Cheese spread, American or Cheddar cheese base, reduced fat	15.50
05162	Squab, (pigeon), light meat without skin, raw	15.50
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	15.50
07005	Blood sausage	15.50
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	15.50
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	15.50
18969	Cream puff, eclair, custard or cream filled, iced	15.50
20014	Corn grain, yellow	15.50
20020	Cornmeal, whole-grain, yellow	15.50
20314	Corn grain, white	15.50

NDB_No	Description	Selenium, Se(µg) Value Per
20320	Cornmeal, whole-grain, white	15.50
21023	Fast foods, french toast with butter	15.50
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	15.50
20316	Corn flour, whole-grain, white	15.40
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	15.40
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	15.40
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	15.40
32007	Taquitos, frozen, beef and cheese, oven-heated	15.40
07011	Bologna, turkey	15.40
07090	Luncheon sausage, pork and beef	15.40
07978	Pork sausage, reduced sodium, cooked	15.40
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	15.40
17095	Veal, leg (top round), separable lean and fat, cooked, braised	15.40
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	15.40
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	15.40
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	15.40
19406	Snacks, granola bars, soft, uncoated, nut and raisin	15.40
20016	Corn flour, whole-grain, yellow	15.40
05156	Pheasant, leg, meat only, raw	15.30
07972	Meatballs, frozen, Italian style	15.30
10150	Pork, cured, ham, whole, separable lean and fat, unheated	15.30
17126	Veal, shoulder, arm, separable lean only, cooked, braised	15.30
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	15.30
18088	Cake, angelfood, dry mix, prepared	15.30
18956	Keikitos (muffins), Latino bakery item	15.30
21306	Fast foods, griddle cake sandwich, sausage	15.20
21419	KFC, biscuit	15.20
36042	OLIVE GARDEN, lasagna classico	15.20
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	15.20
43278	Cheese, american cheddar, imitation	15.20
11989	Mushrooms, straw, canned, drained solids	15.20
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	15.20
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	15.20
17181	Game meat, rabbit, wild, cooked, stewed	15.20
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	15.20
18279	Muffins, corn, commercially prepared	15.20

NDB_No	Description	Selenium, Se(µg) Value Per
18280	Muffins, corn, dry mix, prepared	15.20
18281	Muffins, corn, toaster-type	15.20
07025	Frankfurter, turkey	15.10
10000	Pork, fresh, composite of separable fat, with added solution, cooked	15.10
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	15.10
17184	Game meat, squirrel, cooked, roasted	15.10
18390	Pancakes, buttermilk, prepared from recipe	15.10
20044	Rice, white, long-grain, regular, raw, enriched	15.10
20050	Rice, white, medium-grain, raw, enriched	15.10
20052	Rice, white, short-grain, enriched, uncooked	15.10
20054	Rice, white, glutinous, unenriched, uncooked	15.10
20061	Rice flour, white, unenriched	15.10
20133	Rice noodles, dry	15.10
20444	Rice, white, long-grain, regular, raw, unenriched	15.10
21009	Fast foods, biscuit, with sausage	15.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	15.00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	15.00
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	15.00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	15.00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	15.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	15.00
43595	Breakfast bar, corn flake crust with fruit	15.00
01019	Cheese, feta	15.00
01251	Cheese, Mexican blend	15.00
03009	Babyfood, meat, ham, junior	15.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	15.00
17138	Veal, sirloin, separable lean only, cooked, braised	15.00
17220	Lamb, variety meats and by-products, tongue, raw	15.00
19016	Snacks, granola bars, hard, almond	15.00
19420	Snacks, granola bars, hard, peanut butter	15.00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	14.90
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	14.90
18092	Cake, pudding-type, carrot, dry mix	14.90
18293	Pancakes, plain, prepared from recipe	14.90
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	14.90
22916	Lasagna with meat & sauce, frozen entree	14.80

NDB_No	Description	Selenium, Se(µg) Value Per
23507	USDA Commodity, beef, patties (100%), frozen, raw	14.80
01095	Milk, canned, condensed, sweetened	14.80
17175	Game meat, muskrat, cooked, roasted	14.80
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	14.80
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	14.80
18189	Cookies, peanut butter, prepared from recipe	14.80
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	14.80
19009	Snacks, KRAFT, CORNNUTS, plain	14.80
07043	Roast beef, deli style, prepackaged, sliced	14.70
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	14.70
18429	Crackers, whole-wheat, low salt	14.70
28350	Cookies, chocolate cream covered biscuit sticks	14.70
35200	Prairie Turnips, raw (Northern Plains Indians)	14.70
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	14.60
23501	USDA Commodity, beef patties with VPP, frozen, cooked	14.60
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	14.60
35234	Piki bread, made from blue cornmeal (Hopi)	14.60
42117	Imitation cheese, american or cheddar, low cholesterol	14.60
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	14.60
01061	Cheese, American, nonfat or fat free	14.60
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	14.60
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	14.60
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	14.60
05135	Chicken, capons, meat and skin, raw	14.60
07068	Salami, cooked, beef	14.60
07913	Salami, pork, beef, less sodium	14.60
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	14.60
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	14.60
13357	Beef, cured, sausage, cooked, smoked	14.60
17114	Veal, rib, separable lean only, cooked, braised	14.60
01004	Cheese, blue	14.50
01005	Cheese, brick	14.50
01006	Cheese, brie	14.50
01007	Cheese, camembert	14.50
01008	Cheese, caraway	14.50
01010	Cheese, cheshire	14.50

NDB_No	Description	Selenium, Se(µg) Value Per
01011	Cheese, colby	14.50
01018	Cheese, edam	14.50
01020	Cheese, fontina	14.50
01021	Cheese, gjetost	14.50
01022	Cheese, gouda	14.50
01023	Cheese, gruyere	14.50
01024	Cheese, limburger	14.50
01025	Cheese, monterey	14.50
01030	Cheese, muenster	14.50
01034	Cheese, port de salut	14.50
01035	Cheese, provolone	14.50
01036	Cheese, ricotta, whole milk	14.50
01038	Cheese, romano	14.50
01039	Cheese, roquefort	14.50
01041	Cheese, tilsit	14.50
01043	Cheese, pasteurized process, pimento	14.50
01165	Cheese, mexican, queso anejo	14.50
01166	Cheese, mexican, queso asadero	14.50
01167	Cheese, mexican, queso chihuahua	14.50
01168	Cheese, low fat, cheddar or colby	14.50
01169	Cheese, low-sodium, cheddar or colby	14.50
01208	Cheese, provolone, reduced fat	14.50
01265	Cheese, cheddar, nonfat or fat free	14.50
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	14.50
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	14.50
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	14.50
08580	Incaparina, dry mix (corn and soy flours), unprepared	14.50
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	14.50
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	14.50
17132	Veal, shoulder, blade, separable lean only, cooked, braised	14.50
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	14.50
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	14.50
25060	Snack, Pretzel, hard chocolate coated	14.50
36401	Restaurant, Latino, chicken and rice, entree, prepared	14.50
42155	Cheese, monterey, low fat	14.50
42303	Cheese, muenster, low fat	14.50

NDB_No	Description	Selenium, Se(µg) Value Per
20064	Rye flour, medium	14.40
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	14.40
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	14.40
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	14.40
36618	Restaurant, Chinese, general tso's chicken	14.40
01028	Cheese, mozzarella, part skim milk	14.40
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	14.40
05006	Chicken, broilers or fryers, meat and skin, raw	14.40
05019	Chicken, broilers or fryers, skin only, cooked, stewed	14.40
05123	Chicken, stewing, meat and skin, raw	14.40
05146	Goose, domesticated, meat and skin, raw	14.40
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	14.40
07065	Pork and beef sausage, fresh, cooked	14.40
07971	Bologna, meat and poultry	14.40
13149	Beef, rib, shortribs, separable lean only, choice, raw	14.40
17108	Veal, loin, separable lean only, cooked, braised	14.40
18105	Coffeecake, creme-filled with chocolate frosting	14.40
02026	Spices, onion powder	14.30
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	14.30
05333	Chicken, ground, crumbles, cooked, pan-browned	14.30
15233	Fish, catfish, channel, wild, cooked, dry heat	14.30
19165	Cocoa, dry powder, unsweetened	14.30
23577	Beef, ground, 75% lean meat / 25% fat, raw	14.30
43078	Beverage, milkshake mix, dry, not chocolate	14.30
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	14.20
03008	Babyfood, meat, ham, strained	14.20
11215	Garlic, raw	14.20
13047	Beef, grass-fed, ground, raw	14.20
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	14.20
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	14.20
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	14.20
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	14.20
02029	Spices, parsley, dried	14.10
03964	Babyfood, fortified cereal bar, fruit filling	14.10
07004	Sausage, Berliner, pork, beef	14.10
07922	Bratwurst, beef and pork, smoked	14.10

NDB_No	Description	Selenium, Se(µg) Value Per
15239	Fish, salmon, coho, farmed, cooked, dry heat	14.10
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	14.10
18949	Crackers, whole-wheat, reduced fat	14.10
22956	Lasagna, Vegetable, frozen, baked	14.10
80200	Frog legs, raw	14.10
28321	Rolls, hamburger, whole grain white, calcium-fortified	14.00
32028	Turnover, filled with egg, meat and cheese, frozen	14.00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	14.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	14.00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	14.00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	14.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	14.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	14.00
18294	Pancakes, blueberry, prepared from recipe	14.00
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	13.90
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	13.90
05141	Duck, domesticated, meat only, raw	13.90
05145	Duck, wild, breast, meat only, raw	13.90
07077	Smoked link sausage, pork and beef, nonfat dry milk added	13.90
11263	Mushrooms, white, stir-fried	13.90
15011	Fish, catfish, channel, cooked, breaded and fried	13.90
17111	Veal, rib, separable lean and fat, cooked, braised	13.90
20062	Rye grain	13.90
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	13.90
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	13.90
42179	Frankfurter, beef, low fat	13.90
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	13.80
21158	Fast foods, submarine sandwich, meatball marinara on white bread	13.80
01229	Cheese, white, queso blanco	13.80
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	13.80
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	13.80
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	13.80
03209	Babyfood, crackers, vegetable	13.70
17143	Veal, ground, cooked, broiled	13.70
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	13.70
18146	Cake, yellow, prepared from recipe without frosting	13.70

NDB_No	Description	Selenium, Se(µg) Value Per
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	13.60
17163	Game meat, caribou, cooked, roasted	13.60
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	13.60
22928	Burrito, beef and bean, microwaved	13.60
02033	Spices, poppy seed	13.50
03017	Babyfood, meat, turkey sticks, junior	13.50
05043	Chicken, broilers or fryers, dark meat, meat only, raw	13.50
05053	Chicken, broilers or fryers, back, meat only, raw	13.50
05088	Chicken, broilers or fryers, neck, meat only, raw	13.50
05119	Chicken, roasting, dark meat, meat only, raw	13.50
05131	Chicken, stewing, dark meat, meat only, raw	13.50
05161	Squab, (pigeon), meat only, raw	13.50
07038	Knackwurst, knockwurst, pork, beef	13.50
13498	Beef, ground, 70% lean meat / 30% fat, raw	13.50
15131	Fish, whitefish, mixed species, smoked	13.50
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	13.50
17171	Game meat, horse, cooked, roasted	13.50
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	13.50
17358	Lamb, New Zealand, imported, brains, raw	13.50
18214	Crackers, cheese, regular	13.50
18290	Pancakes, plain, dry mix, complete, prepared	13.50
18954	Bread, pound cake type, pan de torta salvadoran	13.50
03046	Babyfood, ravioli, cheese filled, with tomato sauce	13.40
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	13.40
11797	Mushrooms, white, cooked, boiled, drained, with salt	13.40
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	13.40
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	13.40
32025	Dumpling, potato- or cheese-filled, frozen	13.40
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	13.30
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	13.30
03021	Babyfood, meat, meat sticks, junior	13.30
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	13.30
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	13.30
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	13.30
05160	Squab, (pigeon), meat and skin, raw	13.30
07963	Frankfurter, meat and poultry, cooked, boiled	13.30

NDB_No	Description	Selenium, Se(µg) Value Per
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	13.30
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	13.30
18103	Coffeecake, cheese	13.30
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	13.30
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	13.20
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	13.20
13340	Beef, variety meats and by-products, tongue, cooked, simmered	13.20
15116	Fish, trout, rainbow, wild, cooked, dry heat	13.20
17105	Veal, loin, separable lean and fat, cooked, braised	13.20
19166	Cocoa, dry powder, unsweetened, processed with alkali	13.20
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	13.20
21263	TACO BELL, Soft Taco with steak	13.10
36019	APPLEBEE'S, chili	13.10
36037	Restaurant, family style, chili with meat and beans	13.10
36630	Restaurant, Italian, spaghetti with meat sauce	13.10
07916	Sausage, Polish, pork and beef, smoked	13.10
07964	Frankfurter, meat and poultry, cooked, grilled	13.10
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	13.10
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	13.10
17142	Veal, ground, raw	13.10
17153	Game meat, beefalo, composite of cuts, cooked, roasted	13.10
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	13.10
18295	Pancakes, buckwheat, dry mix, incomplete	13.10
18951	Waffles, chocolate chip, frozen, ready-to-heat	13.10
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	13.10
07081	Turkey breast, sliced, prepackaged	13.00
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	13.00
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	13.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	13.00
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	13.00
16040	Beans, pink, mature seeds, raw	13.00
16159	Tofu, extra firm, prepared with nigari	13.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	13.00
17159	Game meat, boar, wild, cooked, roasted	13.00
17167	Game meat, elk, cooked, roasted	13.00
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	13.00

NDB_No	Description	Selenium, Se(µg) Value Per
17428	Veal, shank, separable lean only, raw	13.00
18139	Cake, white, prepared from recipe without frosting	13.00
18964	Cinnamon buns, frosted (includes honey buns)	13.00
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	13.00
22915	Lasagna with meat & sauce, low-fat, frozen entree	13.00
36617	Restaurant, Chinese, lemon chicken	13.00
43476	Tofu yogurt	13.00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	12.90
03007	Babyfood, meat, pork, strained	12.90
16022	Beans, french, mature seeds, raw	12.90
16024	Beans, great northern, mature seeds, raw	12.90
17145	Game meat, antelope, cooked, roasted	12.90
17165	Game meat, deer, cooked, roasted	12.90
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	12.90
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	12.90
18459	Breakfast tart, low fat	12.90
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	12.90
05144	Duck, wild, meat and skin, raw	12.80
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	12.80
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	12.80
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	12.80
15172	Mollusks, scallop, mixed species, raw	12.80
16045	Beans, small white, mature seeds, raw	12.80
16047	Beans, yellow, mature seeds, raw	12.80
16049	Beans, white, mature seeds, raw	12.80
17173	Game meat, moose, cooked, roasted	12.80
18935	Waffle, plain, frozen, ready-to-heat, microwave	12.80
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	12.80
21120	Fast foods, hotdog, with corn flour coating (corndog)	12.70
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	12.70
22918	Burrito, bean and cheese, frozen	12.70
43398	Cheese, pasteurized process, cheddar or American, low sodium	12.70
43589	Cheese, swiss, low fat	12.70
01266	Cheese, Swiss, nonfat or fat free	12.70
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	12.70
07010	Bologna, pork	12.70

NDB_No	Description	Selenium, Se(µg) Value Per
16019	Beans, cranberry (roman), mature seeds, raw	12.70
17435	Veal, shank, separable lean and fat, raw	12.70
14203	Beverages, coffee, instant, regular, half the caffeine	12.60
14214	Beverages, coffee, instant, regular, powder	12.60
15003	Fish, bass, fresh water, mixed species, raw	12.60
15006	Fish, burbot, raw	12.60
15008	Fish, carp, raw	12.60
15010	Fish, catfish, channel, wild, raw	12.60
15013	Fish, cisco, raw	12.60
15024	Fish, drum, freshwater, raw	12.60
15053	Fish, milkfish, raw	12.60
15060	Fish, perch, mixed species, raw	12.60
15062	Fish, pike, northern, raw	12.60
15064	Fish, pike, walleye, raw	12.60
15104	Fish, sturgeon, mixed species, raw	12.60
15107	Fish, sucker, white, raw	12.60
15108	Fish, sunfish, pumpkin seed, raw	12.60
15114	Fish, trout, mixed species, raw	12.60
15115	Fish, trout, rainbow, wild, raw	12.60
15130	Fish, whitefish, mixed species, raw	12.60
15238	Fish, salmon, coho, farmed, raw	12.60
18087	Cake, angelfood, dry mix	12.60
18403	Waffles, plain, frozen, ready -to-heat, toasted	12.60
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	12.50
07949	Frankfurter, meat, heated	12.50
07950	Frankfurter, meat	12.50
13341	Beef, variety meats and by-products, tripe, raw	12.50
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	12.50
18256	Doughnuts, yeast-leavened, with jelly filling	12.50
19017	Snacks, granola bars, hard, chocolate chip	12.50
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	12.50
43405	Cheese, swiss, low sodium	12.50
21063	Fast foods, burrito, with beans and beef	12.40
42161	Bologna, beef, low fat	12.40
42258	Cheese product, pasteurized process, cheddar, reduced fat	12.40
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	12.40

NDB_No	Description	Selenium, Se(µg) Value Per
01287	Yogurt, Greek, plain, lowfat	12.40
05139	Duck, domesticated, meat and skin, raw	12.40
07937	Bologna, pork, turkey and beef	12.40
07962	Frankfurter, meat and poultry, unheated	12.40
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	12.40
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	12.40
05015	Chicken, broilers or fryers, skin only, raw	12.30
06969	Potato soup, instant, dry mix	12.30
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	12.30
19352	Syrups, malt	12.30
19859	Cocoa, dry powder, hi-fat or breakfast, plain	12.30
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	12.30
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	12.30
28315	Bread, cinnamon	12.30
20067	Sorghum grain	12.20
20648	Sorghum flour, whole-grain	12.20
21024	Fast foods, french toast sticks	12.20
21386	BURGER KING, french toast sticks	12.20
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	12.20
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	12.20
05133	Chicken, capons, meat and skin and giblets and neck, raw	12.20
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	12.20
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	12.20
18365	Waffles, plain, frozen, ready-to-heat	12.20
02005	Spices, caraway seed	12.10
02007	Spices, celery seed	12.10
02016	Spices, dill seed	12.10
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	12.10
05048	Chicken, broilers or fryers, back, meat and skin, raw	12.10
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	12.10
18019	Bread, banana, prepared from recipe, made with margarine	12.10
21142	Fast food, biscuit	12.10
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	12.10
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	12.10
25025	Snacks, soy chips or crisps, salted	12.10
32012	Pizza rolls, frozen, unprepared	12.10

NDB_No	Description	Selenium, Se(µg) Value Per
36056	Restaurant, Mexican, cheese tamales	12.10
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	12.10
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	12.00
43507	Frankfurter, low sodium	12.00
03015	Babyfood, meat, turkey, strained	12.00
03016	Babyfood, meat, turkey, junior	12.00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	12.00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	12.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	12.00
17161	Game meat, buffalo, water, cooked, roasted	12.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	12.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	12.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	12.00
18325	Pie, pecan, prepared from recipe	12.00
19040	Snacks, popcorn, cheese-flavor	12.00
01015	Cheese, cottage, lowfat, 2% milkfat	11.90
11261	Mushrooms, white, cooked, boiled, drained, without salt	11.90
17103	Veal, leg (top round), separable lean only, cooked, roasted	11.90
18101	Cake, chocolate, prepared from recipe without frosting	11.90
18355	Sweet rolls, cheese	11.90
22401	Spaghetti with meat sauce, frozen entree	11.90
35140	Bread, kneel down (Navajo)	11.90
22962	LEAN POCKETS, Ham N Cheddar	11.80
23640	Beef, variety meats and by-products, tripe, cooked, simmered	11.80
28294	Cookie, chocolate, with icing or coating	11.80
28328	Cookies, chocolate chip sandwich, with creme filling	11.80
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	11.80
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	11.80
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	11.80
05307	Chicken, cornish game hens, meat and skin, raw	11.80
17169	Game meat, goat, cooked, roasted	11.80
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	11.80
18082	Bread stuffing, bread, dry mix, prepared	11.80
07935	Oven-roasted chicken breast roll	11.70
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	11.70
12085	Nuts, cashew nuts, dry roasted, without salt added	11.70

NDB_No	Description	Selenium, Se(µg) Value Per
12132	Nuts, macadamia nuts, dry roasted, without salt added	11.70
12585	Nuts, cashew nuts, dry roasted, with salt added	11.70
12632	Nuts, macadamia nuts, dry roasted, with salt added	11.70
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	11.70
20140	Spelt, uncooked	11.70
21061	Fast foods, burrito, with beans and cheese	11.70
21388	Fast foods, miniature cinnamon rolls	11.70
23506	USDA Commodity, beef patties with VPP, frozen, raw	11.70
36625	Restaurant, Chinese, vegetable lo mein, without meat	11.70
43384	Beef, bologna, reduced sodium	11.70
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	11.60
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	11.60
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	11.60
43529	Babyfood, rice and apples, dry	11.60
03212	Babyfood, cereal, rice, with bananas, dry	11.60
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	11.60
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	11.60
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	11.60
05109	Chicken, roasting, meat and skin and giblets and neck, raw	11.60
07007	Bologna, beef	11.60
17109	Veal, loin, separable lean only, cooked, roasted	11.60
18321	Pie, lemon meringue, prepared from recipe	11.60
07241	OSCAR MAYER, Wieners (beef franks)	11.50
10007	Pork, fresh, separable fat, cooked	11.50
12088	Nuts, cashew butter, plain, without salt added	11.50
17139	Veal, sirloin, separable lean only, cooked, roasted	11.50
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	11.50
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	11.50
18154	Cookies, brownies, prepared from recipe	11.50
19117	Candies, halavah, plain	11.50
22919	Macaroni and Cheese, canned, microwavable	11.50
36621	Restaurant, Chinese, sweet and sour chicken	11.50
21119	Fast foods, hotdog, with chili	11.40
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	11.40
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	11.30
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	11.30

NDB_No	Description	Selenium, Se(µg) Value Per
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	11.30
28291	Cookies, animal, with frosting or icing	11.30
01048	Cheese spread, pasteurized process, American	11.30
07006	Bockwurst, pork, veal, raw	11.30
07056	Peppered loaf, pork, beef	11.30
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	11.30
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	11.30
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	11.30
18212	Cookies, vanilla wafers, lower fat	11.30
05714	Turkey, skin, from retail parts, from dark meat, raw	11.20
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	11.20
17147	Game meat, bear, cooked, simmered	11.20
18378	Cookies, chocolate chip, prepared from recipe, made with butter	11.20
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	11.20
42129	Bologna, beef and pork, low fat	11.20
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	11.10
22955	Egg rolls, vegetable, frozen, prepared	11.10
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	11.10
10942	Pork, fresh, composite of separable fat, with added solution, raw	11.10
11228	Jew's ear, (pepeao), raw	11.10
11658	Spinach souffle	11.10
17115	Veal, rib, separable lean only, cooked, roasted	11.10
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	11.10
17136	Veal, sirloin, separable lean and fat, cooked, roasted	11.10
17369	Lamb, New Zealand, imported, liver, raw	11.10
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	11.10
18174	Cookies, graham crackers, chocolate-coated	11.10
19404	Snacks, granola bars, soft, uncoated, chocolate chip	11.10
03012	Babyfood, meat, chicken, strained	11.00
03938	Infant formula, PBM PRODUCTS, store brand, powder	11.00
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	11.00
08182	Cereals, WHEATENA, cooked with water, with salt	11.00
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	11.00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	11.00
16037	Beans, navy, mature seeds, raw	11.00
17106	Veal, loin, separable lean and fat, cooked, roasted	11.00

NDB_No	Description	Selenium, Se(µg) Value Per
17189	Veal, variety meats and by-products, brain, cooked, braised	11.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	11.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	11.00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	11.00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	11.00
18283	Muffins, oat bran	11.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	11.00
19913	Candies, NESTLE, BUTTERFINGER Crisp	11.00
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	11.00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	11.00
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	11.00
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	11.00
07067	Poultry salad sandwich spread	10.90
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	10.90
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	10.90
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	10.90
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	10.90
17373	Lamb, New Zealand, imported, heart, raw	10.90
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	10.80
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	10.80
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	10.80
07018	Chicken spread	10.80
07914	Sausage, Italian, sweet, links	10.80
07945	Frankfurter, beef, heated	10.80
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	10.80
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	10.80
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	10.80
18254	Doughnuts, yeast-leavened, with creme filling	10.80
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	10.80
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	10.70
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	10.70
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	10.70
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	10.70
18102	Cake, white, prepared from recipe with coconut frosting	10.70
19002	Snacks, beef jerky, chopped and formed	10.70
21064	Fast foods, burrito, with beans, cheese, and beef	10.70

NDB_No	Description	Selenium, Se(µg) Value Per
21265	TACO BELL, BURRITO SUPREME with beef	10.70
22917	Burrito, beef and bean, frozen	10.70
36416	Restaurant, Latino, bunuelos (fried yeast bread)	10.70
32011	Yellow rice with seasoning, dry packet mix, unprepared	10.60
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	10.60
16130	Okara	10.60
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	10.60
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	10.60
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	10.60
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	10.60
17341	Game meat, elk, round, separable lean only, cooked, broiled	10.60
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	10.60
18180	Cookies, oatmeal, dry mix	10.60
19007	Snacks, corn-based, extruded, onion-flavor	10.60
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	10.50
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	10.50
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	10.50
08156	Cereals ready-to-eat, rice, puffed, fortified	10.50
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	10.50
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	10.50
15030	Fish, gefiltefish, commercial, sweet recipe	10.50
17112	Veal, rib, separable lean and fat, cooked, roasted	10.50
17340	Game meat, elk, loin, separable lean only, cooked, broiled	10.50
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	10.50
18179	Cookies, oatmeal, commercially prepared, soft-type	10.50
20017	Corn flour, masa, enriched, white	10.50
20019	Corn flour, masa, unenriched, white	10.50
20022	Cornmeal, degermed, enriched, yellow	10.50
20317	Corn flour, yellow, masa, enriched	10.50
20322	Cornmeal, degermed, enriched, white	10.50
20422	Cornmeal, degermed, unenriched, yellow	10.50
20522	Cornmeal, degermed, unenriched, white	10.50
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	10.50
21264	TACO BELL, Bean Burrito	10.40
07925	Pastrami, beef, 98% fat-free	10.40
07938	Ham, honey, smoked, cooked	10.40

NDB_No	Description	Selenium, Se(µg) Value Per
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	10.40
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	10.40
10103	Pork, fresh, variety meats and by-products, heart, raw	10.40
10121	Pork, fresh, variety meats and by-products, tongue, raw	10.40
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	10.40
18950	Crackers, wheat, reduced fat	10.40
03013	Babyfood, meat, chicken, junior	10.30
03014	Babyfood, meat, chicken sticks, junior	10.30
07022	Frankfurter, beef, unheated	10.30
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	10.30
17344	Game meat, deer, ground, cooked, pan-broiled	10.30
18228	Crackers, saltines (includes oyster, soda, soup)	10.30
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	10.30
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	10.30
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	10.30
35144	Stew, dumpling with mutton (Navajo)	10.20
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	10.20
05332	Chicken, ground, raw	10.20
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	10.20
17162	Game meat, caribou, raw	10.20
05169	Turkey, skin from whole, (light and dark), raw	10.10
05674	Chicken, skin (drumsticks and thighs), raw	10.10
05698	Turkey, skin from whole (light and dark), with added solution, raw	10.10
12104	Nuts, coconut meat, raw	10.10
17170	Game meat, horse, raw	10.10
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	10.10
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	10.10
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	10.10
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	10.10
18183	Cookies, oatmeal, refrigerated dough, baked	10.10
18235	Crackers, whole-wheat	10.10
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	10.10
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	10.10
21010	Fast foods, biscuit, with crispy chicken fillet	10.10
21060	Fast foods, burrito, with beans	10.10
21267	TACO BELL, BURRITO SUPREME with steak	10.10

NDB_No	Description	Selenium, Se(µg) Value Per
21522	McDONALD'S, Southern Style Chicken Biscuit	10.10
22963	Lean Pockets, Meatballs & Mozzarella	10.10
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	10.10
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	10.10
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	10.00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	10.00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	10.00
11384	Potatoes, au gratin, dry mix, unprepared	10.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	10.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	10.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	10.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	10.00
17188	Veal, variety meats and by-products, brain, raw	10.00
17343	Game meat, deer, ground, raw	10.00
18927	Crackers, cheese, sandwich-type with cheese filling	10.00
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	9.90
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	9.90
15235	Fish, catfish, channel, farmed, cooked, dry heat	9.90
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	9.90
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	9.90
18232	Crackers, wheat, regular	9.90
19036	Snacks, popcorn, cakes	9.90
19419	Snacks, corn cakes	9.90
19800	Snacks, corn cakes, very low sodium	9.90
19806	Snacks, popcorn, air-popped (Unsalted)	9.90
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	9.80
17152	Game meat, beefalo, composite of cuts, raw	9.80
17158	Game meat, boar, wild, raw	9.80
17166	Game meat, elk, raw	9.80
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	9.80
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	9.80
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	9.80
18178	Cookies, oatmeal, commercially prepared, regular	9.80
18292	Pancakes, plain, dry mix, incomplete, prepared	9.80
18940	Muffin, blueberry, commercially prepared, low-fat	9.80
36412	Restaurant, Latino, tamale, pork	9.80

NDB_No	Description	Selenium, Se(µg) Value Per
21059	Fast foods, shrimp, breaded and fried	9.70
36622	Restaurant, Chinese, sweet and sour pork	9.70
01012	Cheese, cottage, creamed, large or small curd	9.70
01256	Yogurt, Greek, plain, nonfat	9.70
01286	Yogurt, Greek, vanilla, nonfat	9.70
05047	Chicken, broilers or fryers, separable fat, raw	9.70
07073	Sandwich spread, pork, beef	9.70
17144	Game meat, antelope, raw	9.70
17164	Game meat, deer, raw	9.70
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	9.70
19010	Snacks, crisped rice bar, chocolate chip	9.70
01284	Yogurt, Greek, strawberry, lowfat	9.60
16007	Beans, baked, canned, with beef	9.60
17172	Game meat, moose, raw	9.60
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	9.60
18250	Doughnuts, cake-type, plain, sugared or glazed	9.60
19434	Cheese puffs and twists, corn based, baked, low fat	9.60
21266	TACO BELL, BURRITO SUPREME with chicken	9.60
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	9.60
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	9.60
22247	Macaroni and Cheese, canned entree	9.50
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	9.50
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	9.50
01276	Yogurt, Greek, strawberry, DANNON OIKOS	9.50
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	9.50
18328	Pie, vanilla cream, prepared from recipe	9.50
18932	Waffles, buttermilk, frozen, ready-to-heat	9.50
18961	Crackers, cream, GAMESA SABROSAS	9.50
18971	Bread, potato	9.50
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	9.40
01285	Yogurt, Greek, strawberry, nonfat	9.40
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.40
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	9.40
11615	Chives, freeze-dried	9.40
12014	Seeds, pumpkin and squash seed kernels, dried	9.40
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	9.40

NDB_No	Description	Selenium, Se(µg) Value Per
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	9.40
13339	Beef, variety meats and by-products, tongue, raw	9.40
14222	Beverages, coffee, instant, with chicory	9.40
17180	Game meat, rabbit, wild, raw	9.40
18119	Cake, pineapple upside-down, prepared from recipe	9.40
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	9.40
20651	Rice, brown, parboiled, cooked, UNCLE BENS	9.40
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	9.40
20047	Rice, white, long-grain, parboiled, enriched, cooked	9.30
20447	Rice, white, long-grain, parboiled, unenriched, cooked	9.30
28329	Cookies, chocolate, made with rice cereal	9.30
02035	Spices, pumpkin pie spice	9.30
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	9.30
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.30
06957	Gravy, brown instant, dry	9.30
11260	Mushrooms, white, raw	9.30
11938	Mushroom, white, exposed to ultraviolet light, raw	9.30
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	9.30
12588	Nuts, cashew butter, plain, with salt added	9.30
16090	Peanuts, all types, dry-roasted, with salt	9.30
16390	Peanuts, all types, dry-roasted, without salt	9.30
17183	Game meat, squirrel, raw	9.30
01172	Egg, white, raw, frozen, pasteurized	9.20
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	9.20
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	9.20
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	9.20
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	9.20
21260	TACO BELL, Original Taco with beef, cheese and lettuce	9.20
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	9.20
28354	ANDREA'S, Gluten Free Soft Dinner Roll	9.20
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.20
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	9.10
36413	Restaurant, Latino, black bean soup	9.10
06179	Sauce, fish, ready-to-serve	9.10
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	9.10
13166	USDA Commodity, beef, canned	9.10

NDB_No	Description	Selenium, Se(µg) Value Per
16060	Cowpeas, catjang, mature seeds, raw	9.10
16149	Peanut spread, reduced sugar	9.10
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	9.10
17099	Veal, leg (top round), separable lean only, raw	9.10
17174	Game meat, muskrat, raw	9.10
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	9.10
18133	Cake, sponge, commercially prepared	9.10
18182	Cookies, oatmeal, refrigerated dough	9.10
18304	Pie, banana cream, prepared from recipe	9.10
01016	Cheese, cottage, lowfat, 1% milkfat	9.00
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	9.00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	9.00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	9.00
10006	Pork, fresh, separable fat, raw	9.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	9.00
17094	Veal, leg (top round), separable lean and fat, raw	9.00
17160	Game meat, buffalo, water, raw	9.00
17185	Lamb, variety meats and by-products, brain, raw	9.00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	9.00
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	9.00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	9.00
17339	Game meat, elk, ground, cooked, pan-broiled	9.00
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	9.00
22912	Spaghetti, with meatballs in tomato sauce, canned	9.00
22914	Pasta with tomato sauce, no meat, canned	9.00
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	9.00
23438	Beef, New Zealand, imported, sweetbread, raw	9.00
28293	Cookie, butter or sugar, with chocolate icing or filling	9.00
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	9.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	8.90
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	8.90
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	8.90
11672	Potato pancakes	8.90
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	8.90
16427	Tofu, raw, regular, prepared with calcium sulfate	8.90
02031	Spices, pepper, red or cayenne	8.80

NDB_No	Description	Selenium, Se(µg) Value Per
16113	Natto	8.80
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	8.80
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	8.80
17168	Goat, raw	8.80
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	8.80
19168	Desserts, egg custard, baked, prepared-from-recipe	8.80
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	8.80
36045	ON THE BORDER, refried beans	8.80
28308	Crackers, standard snack-type, with whole wheat	8.70
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	8.70
17137	Veal, sirloin, separable lean only, raw	8.70
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	8.70
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	8.70
19094	Desserts, flan, caramel custard, prepared-from-recipe	8.70
01017	Cheese, cream	8.60
11683	Carrot, dehydrated	8.60
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	8.60
17125	Veal, shoulder, arm, separable lean only, raw	8.60
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	8.60
17375	Lamb, New Zealand, imported, sweetbread, raw	8.60
18434	Crackers, cheese, low sodium	8.60
20006	Barley, pearled, cooked	8.60
21078	Fast foods, nachos, with cheese	8.60
21268	TACO BELL, Nachos	8.60
25001	Snacks, popcorn, microwave, low fat	8.60
43572	Popcorn, microwave, low fat and sodium	8.60
20035	Quinoa, uncooked	8.50
28348	Rolls, dinner, sweet	8.50
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	8.50
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	8.50
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	8.50
17113	Veal, rib, separable lean only, raw	8.50
17134	Veal, sirloin, separable lean and fat, raw	8.50
03043	Babyfood, dinner, beef lasagna, toddler	8.40
03044	Babyfood, dinner, macaroni and tomato and beef, strained	8.40
03045	Babyfood, dinner, macaroni and tomato and beef, junior	8.40

NDB_No	Description	Selenium, Se(µg) Value Per
03049	Babyfood, dinner, beef and rice, toddler	8.40
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	8.40
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	8.40
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	8.40
17122	Veal, shoulder, arm, separable lean and fat, raw	8.40
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	8.40
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	8.40
18155	Cookies, butter, commercially prepared, enriched	8.40
19903	Chocolate, dark, 60-69% cacao solids	8.40
20009	Buckwheat groats, roasted, dry	8.40
25028	Tortilla chips, yellow, plain, salted	8.40
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	8.40
35146	Stew, mutton, corn, squash (Navajo)	8.40
36418	Restaurant, Mexican, refried beans	8.40
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	8.40
20116	Noodles, japanese, somen, dry	8.30
36602	Restaurant, Chinese, fried rice, without meat	8.30
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	8.30
13020	Beef, retail cuts, separable fat, cooked	8.30
15026	Fish, eel, mixed species, cooked, dry heat	8.30
16157	Chickpea flour (besan)	8.30
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	8.30
17146	Game meat, bear, raw	8.30
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	8.30
20008	Buckwheat	8.30
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	8.20
15234	Fish, catfish, channel, farmed, raw	8.20
16052	Broadbeans (fava beans), mature seeds, raw	8.20
16067	Hyacinth beans, mature seeds, raw	8.20
16076	Lupins, mature seeds, raw	8.20
16078	Mothbeans, mature seeds, raw	8.20
16080	Mung beans, mature seeds, raw	8.20
16083	Mungo beans, mature seeds, raw	8.20
16097	Peanut butter, chunk style, with salt	8.20
16101	Pigeon peas (red gram), mature seeds, raw	8.20
16133	Yardlong beans, mature seeds, raw	8.20

NDB_No	Description	Selenium, Se(µg) Value Per
16135	Winged beans, mature seeds, raw	8.20
16397	Peanut butter, chunk style, without salt	8.20
17110	Veal, rib, separable lean and fat, raw	8.20
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	8.20
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	8.20
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	8.20
18215	Crackers, cheese, sandwich-type with peanut butter filling	8.20
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	8.20
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	8.20
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	8.10
21269	TACO BELL, Nachos Supreme	8.10
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	8.10
36619	Restaurant, Chinese, kung pao chicken	8.10
36626	Restaurant, Chinese, chicken and vegetables	8.10
42283	Snacks, potato chips, white, restructured, baked	8.10
12130	Nuts, hickorynuts, dried	8.10
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	8.10
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	8.10
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	8.10
18168	Cookies, chocolate sandwich, with extra creme filling	8.10
18374	Leavening agents, yeast, baker's, compressed	8.10
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	8.10
19031	Snacks, oriental mix, rice-based	8.10
19043	Snacks, potato chips, sour-cream-and-onion-flavor	8.10
19078	Baking chocolate, unsweetened, squares	8.10
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	8.10
19415	Snacks, potato sticks	8.10
19422	Snacks, potato chips, reduced fat	8.10
19437	Snacks, potato chips, fat free, salted	8.10
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	8.10
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	8.10
19811	Snacks, potato chips, plain, unsalted	8.10
19823	Potato chips, without salt, reduced fat	8.10
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.00
04144	Salad dressing, italian dressing, reduced fat, without salt	8.00
05026	Chicken, heart, all classes, cooked, simmered	8.00

NDB_No	Description	Selenium, Se(µg) Value Per
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	8.00
10004	Pork, fresh, backfat, raw	8.00
10005	Pork, fresh, belly, raw	8.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	8.00
17278	Veal, shank (fore and hind), separable lean only, raw	8.00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	8.00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	8.00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	8.00
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	8.00
17338	Game meat, elk, ground, raw	8.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	8.00
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	8.00
20018	Corn flour, yellow, degermed, unenriched	8.00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	8.00
20091	Pasta, gluten-free, corn, dry	7.90
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	7.90
07058	Pickle and pimiento loaf, pork	7.90
11386	Potatoes, scalloped, dry mix, unprepared	7.90
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	7.90
17276	Veal, shank (fore and hind), separable lean and fat, raw	7.90
18375	Leavening agents, yeast, baker's, active dry	7.90
19077	Baking chocolate, unsweetened, liquid	7.90
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	7.80
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.80
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	7.80
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	7.80
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	7.80
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	7.80
18302	Pie, apple, prepared from recipe	7.80
18309	Pie, cherry, prepared from recipe	7.80
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	7.80
25017	Formulated bar, POWER BAR, chocolate	7.80
25064	Snacks, potato chips, lightly salted	7.80
20034	Oat bran, cooked	7.70
27065	Dip, bean, original flavor	7.70
27068	Dip, FRITO'S, bean, original flavor	7.70

NDB_No	Description	Selenium, Se(µg) Value Per
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	7.70
01013	Cheese, cottage, creamed, with fruit	7.70
01250	Nutritional supplement for people with diabetes, liquid	7.70
08510	Milk and cereal bar	7.70
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	7.70
18190	Cookies, peanut butter sandwich, regular	7.70
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	7.70
03215	Babyfood, pretzels	7.60
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	7.60
07933	Chicken breast, oven-roasted, fat-free, sliced	7.60
19003	Snacks, corn-based, extruded, chips, plain	7.60
06028	Soup, clam chowder, manhattan, canned, condensed	7.50
07917	Sausage, pork and beef, with cheddar cheese, smoked	7.50
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	7.50
07920	Swisswurst, pork and beef, with swiss cheese, smoked	7.50
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	7.50
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	7.50
16092	Peanuts, spanish, oil-roasted, with salt	7.50
16094	Peanuts, valencia, oil-roasted, with salt	7.50
16096	Peanuts, virginia, oil-roasted, with salt	7.50
16115	Soy flour, full-fat, raw	7.50
16116	Soy flour, full-fat, roasted	7.50
16150	Peanut butter, smooth, reduced fat	7.50
16155	Peanut butter, smooth, vitamin and mineral fortified	7.50
16156	Peanut butter, chunky, vitamin and mineral fortified	7.50
16392	Peanuts, spanish, oil-roasted, without salt	7.50
16394	Peanuts, valencia, oil-roasted, without salt	7.50
16396	Peanuts, virginia, oil-roasted, without salt	7.50
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	7.50
18010	Biscuits, plain or buttermilk, dry mix	7.50
20045	Rice, white, long-grain, regular, enriched, cooked	7.50
20051	Rice, white, medium-grain, enriched, cooked	7.50
20053	Rice, white, short-grain, enriched, cooked	7.50
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	7.50
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	7.50
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	7.50

NDB_No	Description	Selenium, Se(µg) Value Per
22908	Beef, corned beef hash, with potato, canned	7.50
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	7.50
32031	Salisbury steak with gravy, frozen	7.50
42291	Peanut butter, reduced sodium	7.50
36417	Restaurant, Mexican, spanish rice	7.40
43128	Chicken, meatless	7.40
43130	Frankfurter, meatless	7.40
43131	Luncheon slices, meatless	7.40
43212	Bacon bits, meatless	7.40
43410	Chicken, meatless, breaded, fried	7.40
06049	Soup, pea, green, canned, condensed	7.40
06051	Soup, pea, split with ham, canned, condensed	7.40
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	7.40
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	7.40
16104	Bacon, meatless	7.40
16106	Meat extender	7.40
16107	Sausage, meatless	7.40
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	7.40
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	7.40
18306	Pie, blueberry, prepared from recipe	7.40
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	7.40
19057	Snacks, tortilla chips, nacho cheese	7.40
19182	Desserts, mousse, chocolate, prepared-from-recipe	7.40
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	7.30
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	7.30
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	7.30
16093	Peanuts, valencia, raw	7.30
16109	Soybeans, mature cooked, boiled, without salt	7.30
16409	Soybeans, mature seeds, cooked, boiled, with salt	7.30
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	7.30
18086	Cake, angelfood, commercially prepared	7.30
19058	Snacks, tortilla chips, ranch-flavor	7.30
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	7.30
28290	Cookie, with peanut butter filling, chocolate-coated	7.30
36044	ON THE BORDER, Mexican rice	7.30
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	7.30

NDB_No	Description	Selenium, Se(µg) Value Per
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	7.30
21270	TACO BELL, Taco Salad	7.20
02011	Spices, cloves, ground	7.20
02034	Spices, poultry seasoning	7.20
11667	Seaweed, spirulina, dried	7.20
16071	Lima beans, large, mature seeds, raw	7.20
16087	Peanuts, all types, raw	7.20
16091	Peanuts, spanish, raw	7.20
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	7.20
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	7.20
16095	Peanuts, virginia, raw	7.10
16099	Peanut flour, defatted	7.10
16100	Peanut flour, low fat	7.10
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	7.10
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	7.10
18317	Pie, egg custard, commercially prepared	7.10
18327	Pie, pumpkin, prepared from recipe	7.10
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	7.10
28286	Bread, paratha, whole wheat, commercially prepared, frozen	7.10
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	7.10
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	7.00
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	7.00
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	7.00
01187	Yogurt, chocolate, nonfat milk	7.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	7.00
03011	Babyfood, meat, lamb, junior	7.00
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	7.00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	7.00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	7.00
12151	Nuts, pistachio nuts, raw	7.00
16074	Lima beans, thin seeded (baby), mature seeds, raw	7.00
16112	Miso	7.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	7.00
17222	Veal, variety meats and by-products, tongue, raw	7.00
18324	Pie, pecan, commercially prepared	7.00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	7.00

NDB_No	Description	Selenium, Se(µg) Value Per
06006	Soup, bean with frankfurters, canned, condensed	6.90
06007	Soup, bean with ham, canned, chunky, ready-to-serve	6.90
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	6.90
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	6.90
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	6.90
14317	Beverages, malted drink mix, chocolate, powder	6.90
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	6.90
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	6.90
25000	Snacks, popcorn, microwave, 94% fat free	6.90
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	6.90
28300	Cookies, oatmeal sandwich, with creme filling	6.80
28309	Cookies, coconut macaroon	6.80
04686	Salad dressing, honey mustard dressing, reduced calorie	6.80
06048	Soup, oyster stew, canned, condensed	6.80
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	6.80
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	6.80
18121	Cake, pound, commercially prepared, other than all butter, enriched	6.80
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	6.80
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	6.80
19904	Chocolate, dark, 70-85% cacao solids	6.80
06017	Soup, chicken gumbo, canned, condensed	6.70
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	6.70
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	6.70
18229	Crackers, standard snack-type, regular	6.70
19063	Snacks, tortilla chips, taco-flavor	6.70
19172	Gelatin desserts, dry mix	6.70
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	6.70
36603	Restaurant, Chinese, beef and vegetables	6.70
43364	Snacks, tortilla chips, unsalted, white corn	6.70
43447	Snacks, corn-based, extruded, chips, unsalted	6.70
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	6.60
01164	Cheese sauce, prepared from recipe	6.60
03048	Babyfood, macaroni and cheese, toddler	6.60
13019	Beef, retail cuts, separable fat, raw	6.60
17271	Veal, breast, whole, boneless, separable lean and fat, raw	6.60
18322	Pie, mince, prepared from recipe	6.60

NDB_No	Description	Selenium, Se(µg) Value Per
18427	Crackers, standard snack-type, regular, low salt	6.60
19142	Candies, MOUNDS Candy Bar	6.60
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	6.50
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	6.50
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	6.50
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	6.50
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	6.50
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	6.50
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	6.50
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	6.50
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	6.50
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	6.50
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	6.50
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	6.50
15025	Fish, eel, mixed species, raw	6.50
16008	Beans, baked, canned, with franks	6.50
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	6.50
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	6.50
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	6.50
22911	Chili, no beans, canned entree	6.50
25038	Snacks, granola bars, soft, almond, confectioners coating	6.50
03077	Babyfood, dinner, pasta with vegetables	6.40
06004	Soup, bean with pork, canned, condensed	6.40
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	6.40
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	6.40
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	6.40
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	6.40
18316	Pie, coconut custard, commercially prepared	6.40
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	6.40
02019	Spices, fenugreek seed	6.30
02028	Spices, paprika	6.30
06019	Soup, chicken noodle, canned, condensed	6.30
06030	Soup, clam chowder, new england, canned, condensed	6.30
06955	Soup, cream of chicken, canned, condensed, reduced sodium	6.30
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	6.30
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	6.30

NDB_No	Description	Selenium, Se(µg) Value Per
11267	Mushrooms, shiitake, stir-fried	6.30
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	6.30
18151	Cookies, brownies, commercially prepared	6.30
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	6.30
18185	Cookies, peanut butter, commercially prepared, regular	6.30
18202	Cookies, sugar wafer, with creme filling, sugar free	6.30
02043	Spices, turmeric, ground	6.20
04706	Dressing, honey mustard, fat-free	6.20
06115	Gravy, au jus, dry	6.20
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	6.20
14224	Beverages, coffee, instant, mocha, sweetened	6.20
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	6.20
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	6.20
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	6.20
18011	Biscuits, plain or buttermilk, dry mix, prepared	6.20
18192	Cookies, shortbread, commercially prepared, plain	6.20
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	6.20
28310	Cookies, shortbread, reduced fat	6.20
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	6.10
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	6.10
36623	Restaurant, Chinese, chicken chow mein	6.10
03685	Babyfood, cereal, mixed, prepared with whole milk	6.10
06118	Gravy, brown, dry	6.10
06123	Gravy, onion, dry, mix	6.10
06124	Gravy, pork, dry, powder	6.10
06127	Gravy, unspecified type, dry	6.10
07932	Chicken breast, fat-free, mesquite flavor, sliced	6.10
11012	Asparagus, cooked, boiled, drained	6.10
11656	Corn pudding, home prepared	6.10
11705	Asparagus, cooked, boiled, drained, with salt	6.10
18312	Pie, chocolate mousse, prepared from mix, no-bake type	6.10
18354	Strudel, apple	6.10
18363	Tortillas, ready-to-bake or -fry, corn	6.10
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	6.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	6.00
11463	Spinach, frozen, chopped or leaf, unprepared	6.00

NDB_No	Description	Selenium, Se(µg) Value Per
12144	Nuts, pecans, oil roasted, without salt added	6.00
12644	Nuts, pecans, oil roasted, with salt added	6.00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	6.00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	6.00
18310	Pie, chocolate creme, commercially prepared	6.00
19170	Egg custards, dry mix, prepared with whole milk	6.00
25043	Snacks, candy bits, yogurt covered with vitamin C	6.00
35147	Tamales (Navajo)	6.00
36022	APPLEBEE'S, crunchy onion rings	6.00
43261	Yogurt, fruit variety, nonfat	6.00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	5.90
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	5.90
06009	Soup, beef noodle, canned, condensed	5.90
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	5.90
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	5.90
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	5.90
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	5.90
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	5.90
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	5.90
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	5.90
10165	Pork, cured, salt pork, raw	5.80
16039	Beans, navy, mature seeds, canned	5.80
16103	Refried beans, canned, traditional style (includes USDA commodity)	5.80
16403	Refried beans, canned, traditional, reduced sodium	5.80
17285	Lamb, Australian, imported, fresh, separable fat, cooked	5.80
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	5.80
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	5.80
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	5.80
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	5.80
20037	Rice, brown, long-grain, cooked	5.80
21130	Fast foods, onion rings, breaded and fried	5.70
21509	BURGER KING, Onion Rings	5.70
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	5.70
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	5.70
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	5.70
03287	Babyfood, dinner, beef noodle, junior	5.70

NDB_No	Description	Selenium, Se(µg) Value Per
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	5.70
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	5.70
10864	Pork, bacon, rendered fat, cooked	5.70
11238	Mushrooms, shiitake, raw	5.70
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	5.70
11640	Shallots, freeze-dried	5.70
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	5.70
16005	Beans, baked, home prepared	5.70
16172	Refried beans, canned, fat-free	5.70
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	5.70
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	5.70
18157	Cookies, chocolate wafers	5.70
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	5.70
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	5.70
20011	Buckwheat flour, whole-groat	5.70
02037	Spices, saffron	5.60
03681	Babyfood, cereal, barley, prepared with whole milk	5.60
07936	Bologna, pork and turkey, lite	5.60
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	5.60
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	5.60
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	5.60
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	5.60
12007	Seeds, cottonseed flour, partially defatted (glandless)	5.60
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	5.60
16171	Refried beans, canned, vegetarian	5.60
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	5.60
18164	Cookies, chocolate chip, refrigerated dough, baked	5.60
18177	Cookies, molasses	5.60
18213	Cookies, vanilla wafers, higher fat	5.60
20055	Rice, white, glutinous, unenriched, cooked	5.60
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	5.60
36414	Restaurant, Latino, tripe soup	5.60
36620	Restaurant, Chinese, shrimp and vegetables	5.60
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	5.50
01156	Cheese, goat, hard type	5.50
03072	Babyfood, dinner, chicken stew, toddler	5.50

NDB_No	Description	Selenium, Se(µg) Value Per
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	5.50
06627	Sauce, pesto, ready-to-serve, shelf stable	5.50
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	5.50
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	5.50
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	5.50
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	5.50
11955	Tomatoes, sun-dried	5.50
12116	Nuts, coconut cream, canned, sweetened	5.50
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	5.50
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	5.50
17092	Veal, composite of trimmed retail cuts, separable fat, raw	5.50
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	5.50
17270	Veal, breast, separable fat, cooked	5.50
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	5.50
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	5.50
18141	Cake, yellow, commercially prepared, with vanilla frosting	5.50
20002	Amaranth grain, cooked	5.50
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	5.40
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	5.40
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	5.40
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	5.40
18326	Pie, pumpkin, commercially prepared	5.40
19126	Candies, milk chocolate coated peanuts	5.40
22906	Chicken pot pie, frozen entree, prepared	5.40
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	5.40
28311	Cookies, sugar wafer, chocolate-covered	5.40
22529	Beef Pot Pie, frozen entree, prepared	5.30
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	5.30
01180	Sour cream, fat free	5.30
06122	Gravy, mushroom, dry, powder	5.30
11546	Tomato products, canned, paste, without salt added	5.30
14353	Beverages, tea, instant, decaffeinated, unsweetened	5.30
14366	Beverages, tea, instant, unsweetened, powder	5.30
16055	Carob flour	5.30
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	5.30
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	5.30

NDB_No	Description	Selenium, Se(µg) Value Per
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	5.30
18313	Pie, coconut creme, commercially prepared	5.30
18451	Cake, pound, commercially prepared, fat-free	5.30
02014	Spices, cumin seed	5.20
06120	Gravy, chicken, dry	5.20
06126	Gravy, turkey, dry	5.20
06167	Sauce, homemade, white, thick	5.20
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	5.20
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	5.20
18147	Cheesecake commercially prepared	5.20
18166	Cookies, chocolate sandwich, with creme filling, regular	5.20
19071	Candies, carob, unsweetened	5.20
36031	DENNY'S, onion rings	5.20
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	5.10
06956	Soup, tomato, canned, condensed, reduced sodium	5.10
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	5.10
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	5.10
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	5.10
18172	Cookies, gingersnaps	5.10
18188	Cookies, peanut butter, refrigerated dough, baked	5.10
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	5.10
02002	Spices, anise seed	5.00
03194	Babyfood, cereal, rice, dry fortified	5.00
04703	Salad dressing, honey mustard, regular	5.00
06026	Soup, chili beef, canned, condensed	5.00
06094	Soup, onion, dry, mix	5.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	5.00
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.00
11284	Onions, dehydrated flakes	5.00
12157	Nuts, walnuts, dry roasted, with salt added	5.00
14192	Beverages, Cocoa mix, powder	5.00
16006	Beans, baked, canned, plain or vegetarian	5.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	5.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	5.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	5.00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	5.00

NDB_No	Description	Selenium, Se(µg) Value Per
18163	Cookies, chocolate chip, refrigerated dough	5.00
18187	Cookies, peanut butter, refrigerated dough	5.00
18314	Pie, coconut cream, prepared from mix, no-bake type	5.00
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	5.00
19109	Candies, KIT KAT Wafer Bar	5.00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	5.00
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	5.00
36036	Restaurant, family style, onion rings	5.00
20084	Wheat flour, white, cake, enriched	4.90
25050	Snacks, yucca (cassava) chips, salted	4.90
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	4.90
01186	Cheese, cream, fat free	4.90
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	4.90
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	4.90
01295	Yogurt, vanilla, non-fat	4.90
02030	Spices, pepper, black	4.90
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	4.90
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	4.90
06018	Soup, chunky chicken noodle, canned, ready-to-serve	4.90
12155	Nuts, walnuts, english	4.90
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	4.90
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	4.90
18303	Pie, banana cream, prepared from mix, no-bake type	4.90
19205	Egg custards, dry mix, prepared with 2% milk	4.90
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4.80
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	4.80
16010	Beans, baked, canned, with pork and sweet sauce	4.80
16120	Soymilk, original and vanilla, unfortified	4.80
16166	Soymilk, chocolate, unfortified	4.80
16168	Soymilk, chocolate, with added calcium, vitamins A and D	4.80
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	4.80
18271	Ice cream cones, cake or wafer-type	4.80
18272	Ice cream cones, sugar, rolled-type	4.80
18360	Taco shells, baked	4.80
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	4.80
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	4.80

NDB_No	Description	Selenium, Se(µg) Value Per
22905	Beef stew, canned entree	4.70
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	4.70
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	4.70
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	4.70
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	4.70
16009	Beans, baked, canned, with pork	4.70
16011	Beans, baked, canned, with pork and tomato sauce	4.70
17371	Lamb, New Zealand, imported, ground lamb, raw	4.70
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	4.70
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	4.70
18148	Cheesecake prepared from mix, no-bake type	4.70
19079	Candies, confectioner's coating, yogurt	4.70
19147	Candies, peanut bar	4.70
01050	Cream, fluid, light (coffee cream or table cream)	4.60
02036	Spices, rosemary, dried	4.60
02039	Spices, savory, ground	4.60
02042	Spices, thyme, dried	4.60
03289	Babyfood, apples with ham, strained	4.60
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	4.60
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	4.60
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	4.60
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	4.60
18621	NABISCO, NABISCO RITZ Crackers	4.60
19134	Candies, milk chocolate, with rice cereal	4.60
02023	Spices, marjoram, dried	4.50
02027	Spices, oregano, dried	4.50
03052	Babyfood, dinner, beef stew, toddler	4.50
06022	Soup, chicken rice, canned, chunky, ready-to-serve	4.50
06025	Soup, chicken vegetable, canned, condensed	4.50
06056	Soup, cream of shrimp, canned, condensed	4.50
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	4.50
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	4.50
16073	Lima beans, large, mature seeds, canned	4.50
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	4.50
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	4.50
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	4.50

NDB_No	Description	Selenium, Se(µg) Value Per
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	4.50
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	4.50
18946	Pie crust, refrigerated, regular, baked	4.50
19087	Candies, white chocolate	4.50
19120	Candies, milk chocolate	4.50
20134	Rice noodles, cooked	4.50
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	4.50
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	4.50
43273	Cheese, cottage, with vegetables	4.50
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	4.50
43449	Beans, baked, canned, no salt added	4.50
20142	Teff, uncooked	4.40
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	4.40
02041	Spices, tarragon, dried	4.40
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	4.40
06176	Sauce, oyster, ready-to-serve	4.40
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	4.40
06465	Soup, turkey noodle, canned, prepared with equal volume water	4.40
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	4.40
16088	Peanuts, all types, cooked, boiled, with salt	4.40
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	4.40
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	4.40
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	4.40
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	4.40
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	4.40
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	4.40
18186	Cookies, peanut butter, commercially prepared, soft-type	4.40
18200	Cookies, oatmeal, commercially prepared, special dietary	4.40
19047	Snacks, pretzels, hard, plain, salted	4.40
19056	Snacks, tortilla chips, plain, white corn, salted	4.40
03694	Babyfood, cereal, rice, prepared with whole milk	4.30
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	4.30
05025	Chicken, heart, all classes, raw	4.30
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	4.30
06545	CAMPBELL'S Homestyle New England Clam Chowder	4.30
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	4.30

NDB_No	Description	Selenium, Se(µg) Value Per
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	4.30
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	4.30
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	4.30
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	4.30
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	4.30
19279	Candies, milk chocolate coated coffee beans	4.30
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	4.30
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	4.30
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	4.30
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	4.30
28330	Cookies, marshmallow, with rice cereal and chocolate chips	4.20
01057	Eggnog	4.20
12071	Nuts, almond paste	4.20
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	4.20
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	4.20
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	4.20
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	4.20
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	4.20
19080	Candies, semisweet chocolate	4.20
01178	Sour cream, reduced fat	4.10
06023	Soup, chicken with rice, canned, condensed	4.10
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	4.10
06166	Sauce, homemade, white, medium	4.10
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	4.10
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	4.10
11264	Mushrooms, canned, drained solids	4.10
11414	Potato salad, home-prepared	4.10
12061	Nuts, almonds	4.10
12065	Nuts, almonds, oil roasted, without salt added	4.10
12121	Nuts, hazelnuts or filberts, blanched	4.10
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	4.10
12565	Nuts, almonds, oil roasted, with salt added	4.10
12665	Nuts, almonds, oil roasted, lightly salted	4.10
15162	Mollusks, clam, mixed species, canned, liquid	4.10
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	4.10
16026	Beans, great northern, mature seeds, canned	4.10

NDB_No	Description	Selenium, Se(µg) Value Per
16085	Peas, green, split, mature seeds, raw	4.10
16098	Peanut butter, smooth style, with salt	4.10
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	4.10
16326	Beans, great northern, mature seeds, canned, low sodium	4.10
16398	Peanut butter, smooth style, without salt	4.10
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4.10
18090	Cake, boston cream pie, commercially prepared	4.10
18251	Doughnuts, cake-type, chocolate, sugared or glazed	4.10
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	4.10
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	4.10
19246	Frostings, white, fluffy, dry mix	4.10
21415	POPEYES, biscuit	4.10
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	4.10
35145	Stew, hominy with mutton (Navajo)	4.10
20141	Spelt, cooked	4.00
21413	Light Ice Cream, soft serve, blended with cookie pieces	4.00
22969	Chili with beans, microwavable bowls	4.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	4.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	4.00
28331	Crackers, flavored, fish-shaped	4.00
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	4.00
43274	Cheese, cream, low fat	4.00
01264	Ice cream bar, stick or nugget, with crunch coating	4.00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	4.00
06061	Soup, tomato beef with noodle, canned, condensed	4.00
06217	Soup, vegetable, canned, low sodium, condensed	4.00
12143	Nuts, pecans, dry roasted, without salt added	4.00
12643	Nuts, pecans, dry roasted, with salt added	4.00
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	4.00
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	4.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	4.00
17284	Lamb, Australian, imported, fresh, separable fat, raw	4.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	4.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	4.00
18948	Pie crust, refrigerated, regular, unbaked	4.00
19132	Candies, milk chocolate, with almonds	4.00

NDB_No	Description	Selenium, Se(µg) Value Per
19154	Candies, sesame crunch	4.00
19322	Puddings, coconut cream, dry mix, instant	4.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	3.90
09041	Bananas, dehydrated, or banana powder	3.90
11019	Asparagus, frozen, cooked, boiled, drained, without salt	3.90
11709	Asparagus, frozen, cooked, boiled, drained, with salt	3.90
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	3.90
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	3.90
19038	Snacks, popcorn, caramel-coated, with peanuts	3.90
19086	Candies, confectioner's coating, peanut butter	3.90
21463	Yogurt parfait, lowfat, with fruit and granola	3.90
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	3.90
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	3.90
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	3.90
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	3.90
01157	Cheese, goat, semisoft type	3.80
03089	Babyfood, dinner, macaroni and cheese, strained	3.80
03090	Babyfood, dinner, macaroni and cheese, junior	3.80
06528	Soup, chicken noodle, dry, mix, prepared with water	3.80
12142	Nuts, pecans	3.80
19005	Snacks, corn-based, extruded, cones, plain	3.80
01056	Cream, sour, cultured	3.70
01077	Milk, whole, 3.25% milkfat, with added vitamin D	3.70
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	3.70
01230	Milk, buttermilk, fluid, whole	3.70
02038	Spices, sage, ground	3.70
03068	Babyfood, dinner, chicken noodle, strained	3.70
03069	Babyfood, dinner, chicken noodle, junior	3.70
06044	Soup, mushroom with beef stock, canned, condensed	3.70
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	3.70
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	3.70
11634	Peppers, sweet, green, freeze-dried	3.70
11931	Peppers, sweet, red, freeze-dried	3.70
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	3.70
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	3.70
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	3.70

NDB_No	Description	Selenium, Se(µg) Value Per
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	3.70
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	3.70
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	3.70
18199	Cookies, chocolate sandwich, with creme filling, special dietary	3.70
18209	Cookies, sugar wafers with creme filling, regular	3.70
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	3.70
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	3.70
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	3.70
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	3.70
36404	Restaurant, Latino, arroz con leche (rice pudding)	3.70
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	3.70
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	3.60
22904	Chili con carne with beans, canned entree	3.60
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	3.60
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	3.60
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	3.60
36026	CRACKER BARREL, onion rings, thick-cut	3.60
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	3.60
03047	Babyfood, dinner, beef noodle, strained	3.60
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	3.60
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	3.60
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	3.60
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	3.60
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	3.60
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	3.60
05335	Chicken, feet, boiled	3.60
06011	Soup, cheese, canned, condensed	3.60
06449	Soup, pea, green, canned, prepared with equal volume water	3.60
06965	Soup, pea, low sodium, prepared with equal volume water	3.60
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	3.60
12131	Nuts, macadamia nuts, raw	3.60
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	3.60
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	3.60
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	3.60
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	3.60
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	3.60

NDB_No	Description	Selenium, Se(µg) Value Per
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	3.60
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	3.60
18156	Cookies, fudge, cake-type (includes trolley cakes)	3.60
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	3.60
19039	Snacks, popcorn, caramel-coated, without peanuts	3.60
19096	Ice creams, vanilla, light, soft-serve	3.60
19125	Chocolate-flavored hazelnut spread	3.60
19324	Puddings, coconut cream, dry mix, regular	3.60
19436	Popcorn, sugar syrup/caramel, fat-free	3.60
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	3.60
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	3.60
03005	Babyfood, meat, veal, strained	3.50
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	3.50
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	3.50
04639	Salad dressing, ranch dressing, regular	3.50
06045	Soup, onion, canned, condensed	3.50
06068	Soup, vegetarian vegetable, canned, condensed	3.50
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	3.50
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	3.50
11962	Peppers, hot chile, sun-dried	3.50
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	3.50
16173	Frijoles rojos volteados (Refried beans, red, canned)	3.50
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	3.50
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	3.50
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	3.50
18128	Cake, snack cakes, creme-filled, sponge	3.50
18201	Cookies, peanut butter sandwich, special dietary	3.50
18206	Cookies, sugar, refrigerated dough, baked	3.50
18361	Toaster pastries, brown-sugar-cinnamon	3.50
19089	Ice creams, vanilla, rich	3.50
19110	Candies, KRACKEL Chocolate Bar	3.50
19186	Desserts, apple crisp, prepared-from-recipe	3.50
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	3.50
22899	Ravioli, cheese-filled, canned	3.50
23411	Beef, New Zealand, imported, flank, separable lean only, raw	3.50
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	3.50

NDB_No	Description	Selenium, Se(µg) Value Per
32029	Rice mix, white and wild, flavored, unprepared	3.50
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	3.40
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	3.40
27059	Sauce, peanut, made from peanut butter, water, soy sauce	3.40
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	3.40
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	3.40
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	3.40
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	3.40
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	3.40
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	3.40
14182	Beverages, chocolate syrup, prepared with whole milk	3.40
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	3.40
18095	Cake, cherry fudge with chocolate frosting	3.40
18127	Cake, snack cakes, creme-filled, chocolate with frosting	3.40
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	3.40
19138	Candies, truffles, prepared-from-recipe	3.40
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	3.40
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	3.30
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	3.30
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	3.30
03083	Babyfood, dinner, turkey and rice, junior	3.30
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	3.30
06165	Sauce, homemade, white, thin	3.30
06417	Soup, chicken gumbo, canned, prepared with equal volume water	3.30
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	3.30
16089	Peanuts, all types, oil-roasted, with salt	3.30
16119	Soy meal, defatted, raw	3.30
16389	Peanuts, all types, oil-roasted, without salt	3.30
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	3.30
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	3.30
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	3.30
18097	Cake, pudding-type, chocolate, dry mix	3.30
18170	Cookies, fig bars	3.30
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	3.30
19188	Puddings, chocolate, dry mix, regular	3.30
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	3.30

NDB_No	Description	Selenium, Se(µg) Value Per
19293	Frozen yogurts, vanilla, soft-serve	3.30
19321	Puddings, banana, dry mix, regular, prepared with whole milk	3.30
19917	Candies, M&M MARS Pretzel Chocolate Candies	3.30
21033	Fast foods, sundae, hot fudge	3.30
21248	WENDY'S, Frosty Dairy Dessert	3.30
21032	Fast foods, sundae, caramel	3.20
21141	BURGER KING, Vanilla Shake	3.20
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	3.20
27052	Dip, salsa con queso, cheese and salsa- medium	3.20
42286	Babyfood, green beans and turkey, strained	3.20
01049	Cream, fluid, half and half	3.20
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	3.20
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	3.20
06930	Sauce, cheese, ready-to-serve	3.20
11982	Peppers, pasilla, dried	3.20
12062	Nuts, almonds, blanched	3.20
14347	Shake, fast food, vanilla	3.20
16003	Beans, adzuki, mature seeds, canned, sweetened	3.20
16014	Beans, black, mature seeds, raw	3.20
16016	Beans, black turtle, mature seeds, raw	3.20
16027	Beans, kidney, all types, mature seeds, raw	3.20
16030	Beans, kidney, california red, mature seeds, raw	3.20
16032	Beans, kidney, red, mature seeds, raw	3.20
16035	Beans, kidney, royal red, mature seeds, raw	3.20
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	3.20
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	3.20
18193	Cookies, shortbread, commercially prepared, pecan	3.20
19118	Candies, NESTLE, OH HENRY! Bar	3.20
19193	Puddings, rice, ready-to-eat	3.20
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	3.20
19274	Snacks, fruit leather, pieces, with vitamin C	3.20
19319	Puddings, banana, dry mix, instant, prepared with whole milk	3.20
19701	Candies, semisweet chocolate, made with butter	3.20
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	3.10
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	3.10
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	3.10

NDB_No	Description	Selenium, Se(µg) Value Per
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	3.10
01179	Sour cream, light	3.10
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	3.10
01203	Yogurt, fruit, lowfat, with low calorie sweetener	3.10
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	3.10
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	3.10
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	3.10
01238	Ice cream sandwich	3.10
01239	Ice cream cookie sandwich	3.10
02010	Spices, cinnamon, ground	3.10
02032	Spices, pepper, white	3.10
06404	Soup, bean with pork, canned, prepared with equal volume water	3.10
06419	Soup, chicken noodle, canned, prepared with equal volume water	3.10
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	3.10
06483	Soup, cream of chicken, dry, mix, prepared with water	3.10
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	3.10
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	3.10
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	3.10
16001	Beans, adzuki, mature seeds, raw	3.10
16021	Beans, cranberry (roman), mature seeds, canned	3.10
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	3.10
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	3.10
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	3.10
18112	Cake, pudding-type, german chocolate, dry mix	3.10
18160	Cookies, chocolate chip, commercially prepared, soft-type	3.10
18205	Cookies, sugar, refrigerated dough	3.10
18275	Muffins, blueberry, dry mix	3.10
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	3.10
18453	Cake, yellow, light, dry mix	3.10
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	3.10
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	3.10
20030	Hominy, canned, white	3.00
20330	Hominy, canned, yellow	3.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	3.00
27042	Soup, clam chowder, new england, canned, ready-to-serve	3.00
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	3.00

NDB_No	Description	Selenium, Se(µg) Value Per
27054	Dip, TOSTITOS, salsa con queso, medium	3.00
43008	Babyfood, dinner, chicken and rice	3.00
01031	Cheese, neufchatel	3.00
01053	Cream, fluid, heavy whipping	3.00
01200	Reddi Wip Fat Free Whipped Topping	3.00
01236	Ice cream, soft serve, chocolate	3.00
02003	Spices, basil, dried	3.00
03082	Babyfood, dinner, turkey and rice, strained	3.00
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	3.00
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	3.00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	3.00
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	3.00
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	3.00
06024	Soup, chicken and vegetable, canned, ready-to-serve	3.00
06159	Soup, tomato, canned, condensed	3.00
06377	CAMPBELL'S, Tomato Soup, condensed	3.00
06409	Soup, beef noodle, canned, prepared with equal volume water	3.00
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	3.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	3.00
06749	Soup, beef and vegetables, canned, ready-to-serve	3.00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	3.00
08113	Cereals, farina, enriched, cooked with water, without salt	3.00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	3.00
08173	Cereals, farina, enriched, cooked with water, with salt	3.00
09087	Dates, deglet noor	3.00
11740	Broccoli, flower clusters, raw	3.00
11741	Broccoli, stalks, raw	3.00
11956	Tomatoes, sun-dried, packed in oil, drained	3.00
14368	Beverages, tea, instant, lemon, unsweetened	3.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	3.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	3.00
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	3.00
18144	Cake, yellow, enriched, dry mix	3.00
18210	Cookies, vanilla sandwich with creme filling	3.00
18320	Pie, lemon meringue, commercially prepared	3.00
19090	Ice creams, french vanilla, soft-serve	3.00

NDB_No	Description	Selenium, Se(µg) Value Per
19384	Candies, divinity, prepared-from-recipe	3.00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	3.00
19902	Chocolate, dark, 45- 59% cacao solids	3.00
01199	Cream, half and half, fat free	2.90
03002	Babyfood, meat, beef, strained	2.90
03003	Babyfood, meat, beef, junior	2.90
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	2.90
04640	Salad dressing, ranch dressing, reduced fat	2.90
06043	Soup, cream of mushroom, canned, condensed	2.90
06067	Soup, chunky vegetable, canned, ready-to-serve	2.90
06149	Soup, chicken mushroom, canned, condensed	2.90
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	2.90
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	2.90
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	2.90
11978	Peppers, ancho, dried	2.90
16038	Beans, navy, mature seeds, cooked, boiled, without salt	2.90
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	2.90
16136	Winged beans, mature seeds, cooked, boiled, without salt	2.90
16338	Beans, navy, mature seeds, cooked, boiled, with salt	2.90
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	2.90
16436	Winged beans, mature seeds, cooked, boiled, with salt	2.90
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	2.90
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	2.90
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	2.90
18171	Cookies, fortune	2.90
19045	Snacks, potato chips, made from dried potatoes, reduced fat	2.90
19069	Candies, NESTLE, BUTTERFINGER Bar	2.90
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	2.90
19220	Desserts, rennin, chocolate, dry mix	2.90
19265	Ice creams, chocolate, light, no sugar added	2.90
19349	Syrups, corn, dark	2.90
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	2.90
19867	Ice creams, vanilla, fat free	2.90
21034	Fast foods, sundae, strawberry	2.90
23420	Beef, New Zealand, imported, intermuscular fat, raw	2.90
23431	Beef, New Zealand, imported, ribs prepared, raw	2.90

NDB_No	Description	Selenium, Se(µg) Value Per
31021	Potatoes, hash brown, refrigerated, unprepared	2.90
36028	DENNY'S, coleslaw	2.90
43215	Salad dressing, buttermilk, lite	2.90
43483	Millet, puffed	2.90
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	2.90
20027	Cornstarch	2.80
20088	Wild rice, raw	2.80
20092	Pasta, gluten-free, corn, cooked	2.80
20137	Quinoa, cooked	2.80
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	2.80
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	2.80
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	2.80
43031	Candies, chocolate covered, caramel with nuts	2.80
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	2.80
01159	Cheese, goat, soft type	2.80
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	2.80
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	2.80
02004	Spices, bay leaf	2.80
02055	Horseradish, prepared	2.80
03073	Babyfood, dinner, vegetables chicken, strained	2.80
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	2.80
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	2.80
03290	Babyfood, carrots and beef, strained	2.80
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	2.80
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	2.80
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	2.80
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	2.80
06040	Soup, minestrone, canned, condensed	2.80
06211	Soup, cheese, canned, prepared with equal volume milk	2.80
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	2.80
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.80
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	2.80
11092	Broccoli, frozen, chopped, unprepared	2.80
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	2.80
16070	Lentils, mature seeds, cooked, boiled, without salt	2.80
16079	Mothbeans, mature seeds, cooked, boiled, without salt	2.80

NDB_No	Description	Selenium, Se(µg) Value Per
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	2.80
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	2.80
16370	Lentils, mature seeds, cooked, boiled, with salt	2.80
16379	Mothbeans, mature seeds, cooked, boiled, with salt	2.80
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	2.80
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	2.80
18191	Cookies, raisin, soft-type	2.80
19081	Candies, sweet chocolate	2.80
19268	Candies, dark chocolate coated coffee beans	2.80
01105	Milk, chocolate beverage, hot cocoa, homemade	2.70
01225	Dulce de Leche	2.70
02001	Spices, allspice, ground	2.70
02022	Spices, mace, ground	2.70
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	2.70
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	2.70
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	2.70
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	2.70
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	2.70
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	2.70
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	2.70
10174	Pork, fresh, variety meats and by-products, tail, raw	2.70
11373	Potatoes, au gratin, home-prepared from recipe using butter	2.70
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	2.70
11843	Potatoes, au gratin, home-prepared from recipe using margarine	2.70
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	2.70
18135	Cake, pudding-type, white, enriched, dry mix	2.70
19013	Snacks, fruit leather, pieces	2.70
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	2.70
20031	Millet, raw	2.70
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	2.70
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	2.70
43276	Cheese spread, cream cheese base	2.70
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	2.60
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	2.60
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	2.60
42131	Milk dessert, frozen, milk-fat free, chocolate	2.60

NDB_No	Description	Selenium, Se(µg) Value Per
43046	Candies, nougat, with almonds	2.60
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	2.60
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	2.60
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	2.60
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	2.60
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	2.60
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	2.60
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	2.60
04641	Salad dressing, mayonnaise, light	2.60
11237	Kanpyo, (dried gourd strips)	2.60
11987	Mushrooms, oyster, raw	2.60
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	2.60
16077	Lupins, mature seeds, cooked, boiled, without salt	2.60
16158	Hummus, commercial	2.60
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	2.60
16377	Lupins, mature seeds, cooked, boiled, with salt	2.60
18117	Cake, pudding-type, marble, dry mix	2.60
18152	Cookies, brownies, dry mix, regular	2.60
18198	Cookies, chocolate chip, commercially prepared, special dietary	2.60
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	2.60
19148	Candies, peanut brittle, prepared-from-recipe	2.60
19247	Frostings, white, fluffy, dry mix, prepared with water	2.60
19898	Ice creams, regular, low carbohydrate, vanilla	2.60
01074	Sour cream, imitation, cultured	2.50
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	2.50
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	2.50
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	2.50
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	2.50
03297	Babyfood, dinner, apples and chicken, strained	2.50
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	2.50
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	2.50
06015	Soup, chicken, canned, chunky, ready-to-serve	2.50
06070	Soup, chunky beef, canned, ready-to-serve	2.50
06964	Soup, tomato, low sodium, with water	2.50
11090	Broccoli, raw	2.50
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	2.50

NDB_No	Description	Selenium, Se(µg) Value Per
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	2.50
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	2.50
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	2.50
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	2.50
16081	Mung beans, mature seeds, cooked, boiled, without salt	2.50
16084	Mungo beans, mature seeds, cooked, boiled, without salt	2.50
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	2.50
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	2.50
16381	Mung beans, mature seeds, cooked, boiled, with salt	2.50
16384	Mungo beans, mature seeds, cooked, boiled, with salt	2.50
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	2.50
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	2.50
19100	Candies, fudge, chocolate, prepared-from-recipe	2.50
19111	Candies, NESTLE, BABY RUTH Bar	2.50
19144	Candies, NESTLE, 100 GRAND Bar	2.50
19184	Puddings, chocolate, dry mix, instant	2.50
19227	Frostings, coconut-nut, ready-to-eat	2.50
19270	Ice creams, chocolate	2.50
19411	Snacks, potato chips, plain, salted	2.50
19899	Ice creams, regular, low carbohydrate, chocolate	2.50
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	2.50
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	2.50
36411	Restaurant, Latino, tamale, corn	2.50
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	2.50
22971	Potato salad with egg	2.40
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	2.40
42135	Whipped topping, frozen, low fat	2.40
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	2.40
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	2.40
01237	Ice cream, bar or stick, chocolate covered	2.40
03061	Babyfood, dinner, vegetables and ham, strained	2.40
03062	Babyfood, dinner, vegetables and ham, junior	2.40
03066	Babyfood, dinner, vegetables and lamb, strained	2.40
03067	Babyfood, dinner, vegetables and lamb, junior	2.40
03127	Babyfood, vegetables, spinach, creamed, strained	2.40
03245	Babyfood, dessert, custard pudding, vanilla, strained	2.40

NDB_No	Description	Selenium, Se(µg) Value Per
03246	Babyfood, dessert, custard pudding, vanilla, junior	2.40
03293	Babyfood, plums, bananas and rice, strained	2.40
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	2.40
06426	Soup, chili beef, canned, prepared with equal volume water	2.40
09261	Pears, dried, sulfured, stewed, with added sugar	2.40
11295	Onion rings, breaded, par fried, frozen, unprepared	2.40
12120	Nuts, hazelnuts or filberts	2.40
12195	Nuts, almond butter, plain, without salt added	2.40
12695	Nuts, almond butter, plain, with salt added	2.40
16137	Hummus, home prepared	2.40
18142	Cake, pudding-type, yellow, dry mix	2.40
18161	Cookies, chocolate chip, dry mix	2.40
18319	Pie, fried pies, fruit	2.40
18444	Pie, fried pies, cherry	2.40
18445	Pie, fried pies, lemon	2.40
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	2.40
19393	Frozen yogurts, chocolate, soft-serve	2.40
01058	Sour dressing, non-butterfat, cultured, filled cream-type	2.30
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	2.30
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	2.30
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	2.30
01111	Milk shakes, thick vanilla	2.30
01153	Milk, canned, evaporated, with added vitamin A	2.30
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	2.30
01263	Ice cream, light, soft serve, chocolate	2.30
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	2.30
04025	Salad dressing, mayonnaise, regular	2.30
04708	Mayonnaise, reduced fat, with olive oil	2.30
06013	Soup, chicken broth, canned, condensed	2.30
06046	Soup, cream of onion, canned, condensed	2.30
06456	Soup, cream of shrimp, canned, prepared with equal volume water	2.30
11011	Asparagus, raw	2.30
11113	Cabbage, red, cooked, boiled, drained, without salt	2.30
11191	Cowpeas (blackeyes), immature seeds, raw	2.30
11752	Cabbage, red, cooked, boiled, drained, with salt	2.30
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	2.30

NDB_No	Description	Selenium, Se(µg) Value Per
16004	Yokan, prepared from adzuki beans and sugar	2.30
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	2.30
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	2.30
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	2.30
16223	Soymilk (All flavors), enhanced	2.30
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	2.30
16235	SILK Plain, soymilk	2.30
16236	SILK Vanilla, soymilk	2.30
16238	SILK Light Plain, soymilk	2.30
16239	SILK Light Vanilla, soymilk	2.30
16241	SILK Plus Omega-3 DHA, soymilk	2.30
16242	SILK Plus for Bone Health, soymilk	2.30
16243	SILK Plus Fiber, soymilk	2.30
16244	SILK Unsweetened, soymilk	2.30
16245	SILK Very Vanilla, soymilk	2.30
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	2.30
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	2.30
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	2.30
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	2.30
19348	Syrups, chocolate, fudge-type	2.30
20012	Bulgur, dry	2.30
42189	Milk, buttermilk, fluid, cultured, reduced fat	2.30
20315	Corn flour, whole-grain, blue (harina de maiz morado)	2.20
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	2.20
20657	Pasta, gluten-free, corn and rice flour, cooked	2.20
21083	Fast foods, taco salad	2.20
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	2.20
27051	Sauce, cocktail, ready-to-serve	2.20
27062	Soup, beef barley, ready to serve	2.20
27064	Wasabi	2.20
27066	Sauce, horseradish	2.20
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	2.20
36025	CRACKER BARREL, coleslaw	2.20
43417	Babyfood, meat, beef with vegetables, toddler	2.20
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	2.20
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	2.20

NDB_No	Description	Selenium, Se(µg) Value Per
01244	Milk dessert bar, frozen, made from lowfat milk	2.20
03010	Babyfood, meat, lamb, strained	2.20
03053	Babyfood, dinner, vegetables and beef, strained	2.20
03054	Babyfood, dinner, vegetables and beef, junior	2.20
03055	Babyfood, dinner, beef with vegetables	2.20
03298	Babyfood, dinner, broccoli and chicken, junior	2.20
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	2.20
04705	Salad dressing, caesar, fat-free	2.20
06039	Soup, minestrone, canned, chunky, ready-to-serve	2.20
06071	Soup, vegetable beef, canned, condensed	2.20
06072	Soup, vegetable with beef broth, canned, condensed	2.20
06172	Soup, stock, chicken, home-prepared	2.20
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	2.20
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	2.20
06978	Soup, beef and mushroom, low sodium, chunk style	2.20
06984	Soup, SWANSON Chicken Broth 99% Fat Free	2.20
06985	Gravy, HEINZ Home Style, savory beef	2.20
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	2.20
08506	Cereals ready-to-eat, RALSTON Corn Flakes	2.20
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	2.20
09032	Apricots, dried, sulfured, uncooked	2.20
11239	Mushrooms, Chanterelle, raw	2.20
11240	Mushrooms, morel, raw	2.20
11950	Mushrooms, enoki, raw	2.20
11993	Mushrooms, maitake, raw	2.20
14639	Beverages, rice milk, unsweetened	2.20
18253	Doughnuts, french crullers, glazed	2.20
18944	Pie, Dutch Apple, Commercially Prepared	2.20
18952	Tostada shells, corn	2.20
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	2.20
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	2.20
19076	Candies, caramels, chocolate-flavor roll	2.20
19102	Candies, fudge, peanut butter, prepared-from-recipe	2.20
19104	Candies, fudge, vanilla with nuts	2.20
19114	Ice creams, chocolate, light	2.20
20010	Buckwheat groats, roasted, cooked	2.20

NDB_No	Description	Selenium, Se(µg) Value Per
01055	Cream, sour, reduced fat, cultured	2.10
01073	Dessert topping, semi solid, frozen	2.10
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	2.10
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	2.10
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	2.10
03274	Babyfood, dinner, vegetables and chicken, junior	2.10
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	2.10
06423	Soup, chicken with rice, canned, prepared with equal volume water	2.10
11039	Lima beans, immature seeds, frozen, baby, unprepared	2.10
11050	Beans, shellie, canned, solids and liquids	2.10
14428	Beverages, shake, fast food, strawberry	2.10
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.10
18114	Cake, gingerbread, dry mix	2.10
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	2.10
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	2.10
19367	Toppings, nuts in syrup	2.10
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	2.10
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	2.10
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	2.10
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	2.10
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	2.10
25012	Snacks, sweet potato chips, unsalted	2.10
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	2.10
43541	Ice creams, chocolate, rich	2.10
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	2.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	2.00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	2.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	2.00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	2.00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	2.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	2.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	2.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	2.00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	2.00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	2.00
01060	Milk, filled, fluid, with lauric acid oil	2.00

NDB_No	Description	Selenium, Se(µg) Value Per
01078	Milk, producer, fluid, 3.7% milkfat	2.00
01088	Milk, buttermilk, fluid, cultured, lowfat	2.00
01089	Milk, low sodium, fluid	2.00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	2.00
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	2.00
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	2.00
04114	Salad dressing, italian dressing, commercial, regular	2.00
04143	Salad dressing, italian dressing, commercial, regular, without salt	2.00
04367	Salad dressing, french dressing, fat-free	2.00
04635	Salad dressing, thousand island dressing, fat-free	2.00
04636	Salad dressing, italian dressing, fat-free	2.00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	2.00
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	2.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	2.00
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	2.00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	2.00
12063	Nuts, almonds, dry roasted, without salt added	2.00
12563	Nuts, almonds, dry roasted, with salt added	2.00
14083	Beverages, chocolate malt, powder, prepared with fat free milk	2.00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	2.00
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	2.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	2.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	2.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	2.00
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	2.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	2.00
18110	Cake, fruitcake, commercially prepared	2.00
18196	Cookies, brownies, dry mix, sugar free	2.00
19088	Ice creams, vanilla, light	2.00
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	2.00
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	2.00
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	2.00
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	2.00
19209	Puddings, tapioca, dry mix, prepared with 2% milk	2.00
19297	Jams and preserves	2.00
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	2.00

NDB_No	Description	Selenium, Se(µg) Value Per
19719	Jams and preserves, apricot	2.00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	2.00
01076	Milk substitutes, fluid, with lauric acid oil	1.90
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.90
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	1.90
01110	Milk shakes, thick chocolate	1.90
01114	Whey, sweet, fluid	1.90
01243	Fat free ice cream, no sugar added, flavors other than chocolate	1.90
03001	Babyfood, juice treats, fruit medley, toddler	1.90
03084	Babyfood, dinner, vegetables and turkey, strained	1.90
03085	Babyfood, dinner, vegetables and turkey, junior	1.90
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	1.90
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	1.90
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	1.90
06001	Soup, cream of asparagus, canned, condensed	1.90
06016	Soup, cream of chicken, canned, condensed	1.90
06053	Soup, cream of potato, canned, condensed	1.90
06121	Gravy, mushroom, canned	1.90
06210	Soup, cream of celery, canned, prepared with equal volume milk	1.90
11094	Broccoli, frozen, spears, unprepared	1.90
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	1.90
11305	Peas, green, cooked, boiled, drained, without salt	1.90
11312	Peas, green, frozen, unprepared	1.90
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	1.90
11811	Peas, green, cooked, boiled, drained, with salt	1.90
12005	Seeds, breadnut tree seeds, dried	1.90
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	1.90
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	1.90
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.90
19199	Puddings, tapioca, dry mix, prepared with whole milk	1.90
19208	Puddings, rice, dry mix, prepared with 2% milk	1.90
19260	Ice creams, vanilla, light, no sugar added	1.90
19271	Ice creams, strawberry	1.90
19365	Toppings, marshmallow cream	1.90
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	1.90
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	1.90

NDB_No	Description	Selenium, Se(µg) Value Per
36035	Restaurant, family style, coleslaw	1.90
42186	Frozen yogurts, chocolate	1.90
42187	Frozen yogurts, flavors other than chocolate	1.90
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	1.80
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	1.80
23436	Beef, New Zealand, imported, subcutaneous fat, raw	1.80
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	1.80
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	1.80
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	1.80
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	1.80
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	1.80
43543	Milk, imitation, non-soy	1.80
01107	Milk, human, mature, fluid	1.80
01112	Whey, acid, fluid	1.80
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	1.80
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	1.80
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	1.80
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	1.80
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	1.80
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	1.80
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	1.80
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	1.80
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	1.80
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	1.80
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	1.80
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	1.80
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	1.80
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	1.80
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	1.80
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	1.80
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	1.80
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	1.80
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	1.80
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	1.80
06010	Soup, cream of celery, canned, condensed	1.80
06063	Soup, tomato rice, canned, condensed	1.80

NDB_No	Description	Selenium, Se(µg) Value Per
06175	Sauce, hoisin, ready-to-serve	1.80
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	1.80
06411	Soup, cheese, canned, prepared with equal volume water	1.80
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	1.80
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	1.80
09009	Apples, dehydrated (low moisture), sulfured, uncooked	1.80
11031	Lima beans, immature seeds, raw	1.80
11298	Parsnips, raw	1.80
11304	Peas, green, raw	1.80
12099	Nuts, chestnuts, european, dried, unpeeled	1.80
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	1.80
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.80
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.80
16054	Broadbeans (fava beans), mature seeds, canned	1.80
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	1.80
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	1.80
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	1.80
19074	Candies, caramels	1.80
19095	Ice creams, vanilla	1.80
19124	Baking chocolate, mexican, squares	1.80
19195	Puddings, rice, dry mix, prepared with whole milk	1.80
19216	Candies, praline, prepared-from-recipe	1.80
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	1.80
19524	Snacks, taro chips	1.80
01109	Milk, sheep, fluid	1.70
03059	Babyfood, dinner, vegetables and bacon, strained	1.70
03303	Babyfood, dinner, sweet potatoes and chicken, strained	1.70
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	1.70
11015	Asparagus, canned, drained solids	1.70
11018	Asparagus, frozen, unprepared	1.70
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	1.70
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.70
11299	Parsnips, cooked, boiled, drained, without salt	1.70
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	1.70
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	1.70
11808	Parsnips, cooked, boiled, drained, with salt	1.70

NDB_No	Description	Selenium, Se(µg) Value Per
11813	Peas, green, canned, no salt added, drained solids	1.70
16117	Soy flour, defatted	1.70
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	1.70
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	1.70
16237	SILK Chocolate, soymilk	1.70
16240	SILK Light Chocolate, soymilk	1.70
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	1.70
19103	Candies, fudge, vanilla, prepared-from-recipe	1.70
19116	Candies, marshmallows	1.70
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	1.70
19233	Puddings, vanilla, ready-to-eat, fat free	1.70
19355	Syrups, sorghum	1.70
19858	Candies, sugar-coated almonds	1.70
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	1.70
19912	Sweetener, syrup, agave	1.70
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	1.70
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	1.60
42119	Babyfood, banana juice with low fat yogurt	1.60
42137	Salad dressing, peppercorn dressing, commercial, regular	1.60
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	1.60
42140	Salad dressing, italian dressing, reduced calorie	1.60
42153	Salad dressing, blue or roquefort cheese dressing, light	1.60
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	1.60
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1.60
42171	Salad dressing, french dressing, reduced calorie	1.60
42178	Mayonnaise, made with tofu	1.60
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	1.60
42230	Salad Dressing, coleslaw dressing, reduced fat	1.60
43015	Salad dressing, caesar dressing, regular	1.60
43016	Salad dressing, coleslaw	1.60
43017	Salad dressing, green goddess, regular	1.60
43019	Salad dressing, sweet and sour	1.60
43020	Salad dressing, blue or roquefort cheese, low calorie	1.60
43021	Salad dressing, caesar, low calorie	1.60
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	1.60
43331	Salad dressing, bacon and tomato	1.60

NDB_No	Description	Selenium, Se(µg) Value Per
43355	Mayonnaise, low sodium, low calorie or diet	1.60
43598	Mayonnaise dressing, no cholesterol	1.60
02025	Spices, nutmeg, ground	1.60
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	1.60
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	1.60
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	1.60
04015	Salad dressing, russian dressing	1.60
04016	Salad dressing, sesame seed dressing, regular	1.60
04020	Salad dressing, french dressing, reduced fat	1.60
04021	Salad dressing, italian dressing, commercial, reduced fat	1.60
04022	Salad dressing, russian dressing, low calorie	1.60
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	1.60
04027	Salad dressing, mayonnaise, imitation, soybean	1.60
04028	Salad dressing, mayonnaise, imitation, milk cream	1.60
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	1.60
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	1.60
04133	Salad dressing, french, home recipe	1.60
04135	Salad dressing, home recipe, vinegar and oil	1.60
04142	Salad dressing, french dressing, reduced fat, without salt	1.60
04145	Salad dressing, mayonnaise, soybean oil, without salt	1.60
04146	Salad dressing, french, cottonseed, oil, home recipe	1.60
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	1.60
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.60
11013	Asparagus, canned, regular pack, solids and liquids	1.60
11091	Broccoli, cooked, boiled, drained, without salt	1.60
11098	Brussels sprouts, raw	1.60
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.60
11372	Potatoes, scalloped, home-prepared with butter	1.60
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1.60
11707	Asparagus, canned, no salt added, solids and liquids	1.60
11742	Broccoli, cooked, boiled, drained, with salt	1.60
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	1.60
11844	Potatoes, scalloped, home-prepared with margarine	1.60
16051	Beans, white, mature seeds, canned	1.60
16145	Beans, kidney, red, mature seeds, canned, drained solids	1.60
19083	Candies, sweet chocolate coated fondant	1.60

NDB_No	Description	Selenium, Se(µg) Value Per
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	1.60
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	1.60
19235	Puddings, chocolate, ready-to-eat, fat free	1.60
19238	Candies, REESE'S BITES	1.60
19240	Frostings, chocolate, creamy, dry mix	1.60
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	1.60
01072	Dessert topping, pressurized	1.50
04017	Salad dressing, thousand island, commercial, regular	1.50
06559	Soup, tomato, canned, prepared with equal volume water, commercial	1.50
06584	Soup, broccoli cheese, canned, condensed, commercial	1.50
09277	Plantains, raw	1.50
10105	Pork, fresh, variety meats and by-products, jowl, raw	1.50
11048	Beans, pinto, immature seeds, frozen, unprepared	1.50
11099	Brussels sprouts, cooked, boiled, drained, without salt	1.50
11100	Brussels sprouts, frozen, unprepared	1.50
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	1.50
11199	Yardlong bean, raw	1.50
11200	Yardlong bean, cooked, boiled, drained, without salt	1.50
11224	Hyacinth-beans, immature seeds, raw	1.50
11257	Lettuce, red leaf, raw	1.50
11344	Pigeonpeas, immature seeds, raw	1.50
11450	Soybeans, green, raw	1.50
11458	Spinach, cooked, boiled, drained, without salt	1.50
11595	Winged beans, immature seeds, raw	1.50
11745	Brussels sprouts, cooked, boiled, drained, with salt	1.50
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	1.50
11854	Spinach, cooked, boiled, drained, with salt	1.50
11899	Yardlong bean, cooked, boiled, drained, with salt	1.50
14168	Beverages, Carob-flavor beverage mix, powder	1.50
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	1.50
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	1.50
19097	Sherbet, orange	1.50
19400	Snacks, banana chips	1.50
19924	Syrup, NESTLE, chocolate	1.50
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	1.50
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	1.50

NDB_No	Description	Selenium, Se(µg) Value Per
23418	Beef, New Zealand, imported, inside, raw	1.40
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	1.40
43479	Alcoholic beverage, rice (sake)	1.40
44110	Jellies, reduced sugar, home preserved	1.40
01054	Cream, whipped, cream topping, pressurized	1.40
01106	Milk, goat, fluid, with added vitamin D	1.40
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	1.40
03070	Babyfood, dinner, chicken soup, strained	1.40
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	1.40
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	1.40
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	1.40
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	1.40
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	1.40
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	1.40
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	1.40
06032	Soup, beef broth bouillon and consomme, canned, condensed	1.40
06443	Soup, cream of mushroom, canned, prepared with equal volume water	1.40
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.40
09114	Grapefruit, raw, pink and red, Florida	1.40
09116	Grapefruit, raw, white, all areas	1.40
09278	Plantains, cooked	1.40
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	1.40
11163	Collards, frozen, chopped, unprepared	1.40
11451	Soybeans, green, cooked, boiled, drained, without salt	1.40
11461	Spinach, canned, regular pack, drained solids	1.40
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	1.40
11853	Soybeans, green, cooked, boiled, drained, with salt	1.40
14181	Beverages, chocolate syrup	1.40
16041	Beans, pink, mature seeds, cooked, boiled, without salt	1.40
16341	Beans, pink, mature seeds, cooked, boiled, with salt	1.40
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	1.40
18305	Pie, blueberry, commercially prepared	1.40
19150	Candies, REESE'S Peanut Butter Cups	1.40
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	1.40
19866	Candies, soft fruit and nut squares	1.40
01206	Cream substitute, flavored, powdered	1.30

NDB_No	Description	Selenium, Se(µg) Value Per
03119	Babyfood, vegetables, corn, creamed, strained	1.30
03120	Babyfood, vegetables, corn, creamed, junior	1.30
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	1.30
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	1.30
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	1.30
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	1.30
06150	Sauce, barbecue	1.30
09011	Apples, dried, sulfured, uncooked	1.30
09165	Litchis, dried	1.30
09322	Tamarinds, raw	1.30
11097	Broccoli raab, cooked	1.30
11161	Collards, raw	1.30
11306	Peas, green, canned, regular pack, solids and liquids	1.30
11310	Peas, green, canned, seasoned, solids and liquids	1.30
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.30
11812	Peas, green, canned, no salt added, solids and liquids	1.30
11969	Broccoli, chinese, cooked	1.30
14067	Beverages, Protein powder soy based	1.30
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	1.30
16018	Beans, black turtle, mature seeds, canned	1.30
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	1.30
16046	Beans, small white, mature seeds, cooked, boiled, without salt	1.30
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	1.30
16050	Beans, white, mature seeds, cooked, boiled, without salt	1.30
16059	Chili with beans, canned	1.30
16316	Beans, black, mature seeds, canned, low sodium	1.30
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	1.30
16346	Beans, small white, mature seeds, cooked, boiled, with salt	1.30
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	1.30
16350	Beans, white, mature seeds, cooked, boiled, with salt	1.30
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	1.30
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	1.30
18323	Pie, peach	1.30
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	1.30
19085	Candies, confectioner's coating, butterscotch	1.30
19364	Toppings, butterscotch or caramel	1.30

NDB_No	Description	Selenium, Se(µg) Value Per
27046	Sauce, duck, ready-to-serve	1.30
42120	Babyfood, mixed fruit juice with low fat yogurt	1.30
43112	Beans, chili, barbecue, ranch style, cooked	1.30
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	1.20
42278	Babyfood, vegetable and brown rice, strained	1.20
42279	Babyfood, peas and brown rice	1.20
02054	Capers, canned	1.20
03233	Babyfood, dessert, fruit pudding, pineapple, strained	1.20
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	1.20
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	1.20
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	1.20
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	1.20
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	1.20
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	1.20
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.20
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.20
04704	Salad dressing, poppyseed, creamy	1.20
06170	Soup, stock, beef, home-prepared	1.20
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	1.20
11088	Broadbeans, immature seeds, raw	1.20
11322	Peas and carrots, frozen, unprepared	1.20
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	1.20
11459	Spinach, canned, regular pack, solids and liquids	1.20
11568	Turnip greens, raw	1.20
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	1.20
11660	Tomatoes, red, ripe, cooked, stewed	1.20
11671	Potatoes, o'brien, home-prepared	1.20
11677	Shallots, raw	1.20
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	1.20
11855	Spinach, canned, no salt added, solids and liquids	1.20
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	1.20
12167	Nuts, chestnuts, european, roasted	1.20
14305	Malt beverage, includes non-alcoholic beer	1.20
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	1.20
16015	Beans, black, mature seeds, cooked, boiled, without salt	1.20
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	1.20

NDB_No	Description	Selenium, Se(µg) Value Per
16023	Beans, french, mature seeds, cooked, boiled, without salt	1.20
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	1.20
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	1.20
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	1.20
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	1.20
16315	Beans, black, mature seeds, cooked, boiled, with salt	1.20
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	1.20
16323	Beans, french, mature seeds, cooked, boiled, with salt	1.20
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	1.20
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	1.20
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	1.20
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	1.20
18308	Pie, cherry, commercially prepared	1.20
19334	Sugars, brown	1.20
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.20
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	1.20
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	1.10
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.10
01241	Ice cream sandwich, made with light ice cream, vanilla	1.10
01242	Ice cream sandwich, vanilla, light, no sugar added	1.10
03934	Babyfood, corn and sweet potatoes, strained	1.10
03994	Babyfood, fruit, banana and strawberry, junior	1.10
06112	Sauce, teriyaki, ready-to-serve	1.10
06471	Soup, vegetable beef, canned, prepared with equal volume water	1.10
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	1.10
06498	Soup, tomato, dry, mix, prepared with water	1.10
06972	Sauce, tomato chili sauce, bottled, with salt	1.10
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	1.10
09307	Rhubarb, raw	1.10
09309	Rhubarb, frozen, uncooked	1.10
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	1.10
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	1.10
11413	Potato flour	1.10
11426	Pumpkin pie mix, canned	1.10
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	1.10
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	1.10

NDB_No	Description	Selenium, Se(µg) Value Per
11605	Beets, harvard, canned, solids and liquids	1.10
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	1.10
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	1.10
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	1.10
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	1.10
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	1.10
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	1.10
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	1.10
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	1.10
19108	Candies, jellybeans	1.10
19173	Gelatin desserts, dry mix, prepared with water	1.10
19332	Puddings, lemon, dry mix, regular	1.10
19919	Candies, fruit snacks, with high vitamin C	1.10
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	1.10
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	1.10
23427	Beef, New Zealand, imported, manufacturing beef, raw	1.10
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	1.10
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	1.10
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	1.10
27002	Soup, wonton, Chinese restaurant	1.10
35196	Lambsquarters, raw (Northern Plains Indians)	1.10
43004	Babyfood, dessert, banana pudding, strained	1.10
43546	Babyfood, banana no tapioca, strained	1.10
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	1.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	1.00
25040	Snacks, vegetable chips, made from garden vegetables	1.00
43134	Vegetarian fillets	1.00
43143	Cabbage, japanese style, fresh, pickled	1.00
01001	Butter, salted	1.00
01145	Butter, without salt	1.00
03227	Babyfood, dessert, peach cobbler, strained	1.00
03228	Babyfood, dessert, peach cobbler, junior	1.00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	1.00
04601	Butter, light, stick, with salt	1.00
04602	Butter, light, stick, without salt	1.00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	1.00

NDB_No	Description	Selenium, Se(µg) Value Per
06116	Gravy, beef, canned, ready-to-serve	1.00
06174	Soup, stock, fish, home-prepared	1.00
09040	Bananas, raw	1.00
09216	Orange peel, raw	1.00
09293	Plums, dried (prunes), stewed, with added sugar	1.00
11062	Beans, snap, green, frozen, all styles, microwaved	1.00
11096	Broccoli raab, raw	1.00
11144	Celery, cooked, boiled, drained, without salt	1.00
11246	Leeks, (bulb and lower leaf-portion), raw	1.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	1.00
11457	Spinach, raw	1.00
11523	Taro shoots, cooked, without salt	1.00
11609	Beets, pickled, canned, solids and liquids	1.00
11764	Celery, cooked, boiled, drained, with salt	1.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	1.00
11880	Taro, shoots, cooked, with salt	1.00
12119	Nuts, coconut water (liquid from coconuts)	1.00
16138	Falafel, home-prepared	1.00
18301	Pie, apple, commercially prepared, enriched flour	1.00
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	1.00
19375	Frostings, glaze, prepared-from-recipe	1.00
03222	Babyfood, cherry cobbler, junior	0.90
06164	Sauce, salsa, ready-to-serve	0.90
06410	Soup, cream of celery, canned, prepared with equal volume water	0.90
06463	Soup, tomato rice, canned, prepared with equal volume water	0.90
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.90
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.90
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.90
09193	Olives, ripe, canned (small-extra large)	0.90
09194	Olives, ripe, canned (jumbo-super colossal)	0.90
09195	Olives, pickled, canned or bottled, green	0.90
09310	Rhubarb, frozen, cooked, with sugar	0.90
11003	Amaranth leaves, raw	0.90
11004	Amaranth leaves, cooked, boiled, drained, without salt	0.90
11022	Balsam-pear (bitter gourd), leafy tips, raw	0.90
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.90

NDB_No	Description	Selenium, Se(µg) Value Per
11086	Beet greens, raw	0.90
11087	Beet greens, cooked, boiled, drained, without salt	0.90
11105	Burdock root, cooked, boiled, drained, without salt	0.90
11106	Butterbur, (fuki), raw	0.90
11108	Butterbur, canned	0.90
11114	Cabbage, savoy, raw	0.90
11145	Celtuce, raw	0.90
11147	Chard, swiss, raw	0.90
11148	Chard, swiss, cooked, boiled, drained, without salt	0.90
11156	Chives, raw	0.90
11165	Coriander (cilantro) leaves, raw	0.90
11190	Cornsalad, raw	0.90
11197	Cowpeas, young pods with seeds, raw	0.90
11201	Cowpeas, leafy tips, raw	0.90
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	0.90
11203	Cress, garden, raw	0.90
11204	Cress, garden, cooked, boiled, drained, without salt	0.90
11222	Drumstick leaves, raw	0.90
11223	Drumstick leaves, cooked, boiled, drained, without salt	0.90
11231	Jute, potherb, raw	0.90
11232	Jute, potherb, cooked, boiled, drained, without salt	0.90
11233	Kale, raw	0.90
11234	Kale, cooked, boiled, drained, without salt	0.90
11235	Kale, frozen, unprepared	0.90
11236	Kale, frozen, cooked, boiled, drained, without salt	0.90
11245	Lambsquarters, cooked, boiled, drained, without salt	0.90
11259	Mountain yam, hawaii, cooked, steamed, without salt	0.90
11270	Mustard greens, raw	0.90
11277	New Zealand spinach, cooked, boiled, drained, without salt	0.90
11318	Peas and carrots, canned, regular pack, solids and liquids	0.90
11350	Pokeberry shoots, (poke), raw	0.90
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.90
11376	Potatoes, canned, drained solids	0.90
11418	Pumpkin leaves, raw	0.90
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0.90
11427	Purslane, raw	0.90

NDB_No	Description	Selenium, Se(µg) Value Per
11428	Purslane, cooked, boiled, drained, without salt	0.90
11447	Sesbania flower, raw	0.90
11503	Swamp cabbage, (skunk cabbage), raw	0.90
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0.90
11505	Sweet potato leaves, raw	0.90
11506	Sweet potato leaves, cooked, steamed, without salt	0.90
11519	Taro, cooked, without salt	0.90
11520	Taro leaves, raw	0.90
11521	Taro leaves, cooked, steamed, without salt	0.90
11522	Taro shoots, raw	0.90
11555	Tomato products, canned, sauce, with herbs and cheese	0.90
11563	Tree fern, cooked, without salt	0.90
11569	Turnip greens, cooked, boiled, drained, without salt	0.90
11574	Turnip greens, frozen, unprepared	0.90
11576	Turnip greens and turnips, frozen, unprepared	0.90
11591	Watercress, raw	0.90
11613	Borage, raw	0.90
11616	Dock, raw	0.90
11618	Eppaw, raw	0.90
11622	Kale, scotch, raw	0.90
11623	Kale, scotch, cooked, boiled, drained, without salt	0.90
11700	Amaranth leaves, cooked, boiled, drained, with salt	0.90
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	0.90
11736	Beet greens, cooked, boiled, drained, with salt	0.90
11747	Burdock root, cooked, boiled, drained, with salt	0.90
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.90
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0.90
11765	Chard, swiss, cooked, boiled, drained, with salt	0.90
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	0.90
11781	Cress, garden, cooked, boiled, drained, with salt	0.90
11786	Drumstick leaves, cooked, boiled, drained, with salt	0.90
11789	Jute, potherb, cooked, boiled, drained, with salt	0.90
11790	Kale, cooked, boiled, drained, with salt	0.90
11791	Kale, frozen, cooked, boiled, drained, with salt	0.90
11792	Kale, scotch, cooked, boiled, drained, with salt	0.90
11794	Lambsquarters, cooked, boiled, drained, with salt	0.90

NDB_No	Description	Selenium, Se(µg) Value Per
11802	New zealand spinach, cooked, boiled, drained, with salt	0.90
11816	Peas and carrots, canned, no salt added, solids and liquids	0.90
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0.90
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.90
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0.90
11849	Purslane, cooked, boiled, drained, with salt	0.90
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0.90
11874	Sweet potato leaves, cooked, steamed, with salt	0.90
11878	Taro, cooked, with salt	0.90
11879	Taro, leaves, cooked, steamed, with salt	0.90
11891	Turnip greens, cooked, boiled, drained, with salt	0.90
11927	Mountain yam, hawaii, cooked, steamed, with salt	0.90
11928	Tree fern, cooked, with salt	0.90
11952	Radicchio, raw	0.90
11960	Carrots, baby, raw	0.90
11974	Grape leaves, raw	0.90
11975	Grape leaves, canned	0.90
11984	Epazote, raw	0.90
11985	Fireweed, leaves, raw	0.90
11986	Malabar spinach, cooked	0.90
16029	Beans, kidney, all types, mature seeds, canned	0.90
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.90
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	0.90
19198	Puddings, tapioca, dry mix	0.90
19206	Puddings, vanilla, dry mix, regular	0.90
19320	Puddings, banana, dry mix, regular	0.90
19387	Frozen novelties, ice type, pineapple-coconut	0.90
19423	Snacks, potato chips, fat-free, made with olestra	0.90
19706	Puddings, banana, dry mix, regular, with added oil	0.90
19710	Puddings, vanilla, dry mix, regular, with added oil	0.90
20032	Millet, cooked	0.90
21138	Fast foods, potato, french fried in vegetable oil	0.90
21140	Side dishes, potato salad	0.90
27049	Sauce, tartar, ready-to-serve	0.90
42141	Cream substitute, liquid, light	0.90
43144	Cabbage, mustard, salted	0.90

NDB_No	Description	Selenium, Se(µg) Value Per
43311	Potatoes, canned, drained solids, no salt added	0.90
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.90
43539	Babyfood, dessert, banana yogurt, strained	0.90
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.90
20068	Tapioca, pearl, dry	0.80
20089	Wild rice, cooked	0.80
21139	Fast foods, potato, mashed	0.80
21247	WENDY'S, french fries	0.80
27047	Sauce, salsa, verde, ready-to-serve	0.80
27048	Sauce, steak, tomato based	0.80
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0.80
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.80
42136	Cream substitute, powdered, light	0.80
42316	Babyfood, carrots, toddler	0.80
43132	Meatballs, meatless	0.80
43137	Vegetarian meatloaf or patties	0.80
43450	Frozen novelties, juice type, juice with cream	0.80
43523	Babyfood, mixed fruit yogurt, strained	0.80
43536	Babyfood, dessert, peach yogurt	0.80
43537	Babyfood, dessert, blueberry yogurt, strained	0.80
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.80
03112	Babyfood, potatoes, toddler	0.80
03139	Babyfood, prunes, without vitamin c, strained	0.80
03995	Babyfood, banana with mixed berries, strained	0.80
04638	Salad dressing, ranch dressing, fat-free	0.80
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	0.80
09033	Apricots, dried, sulfured, stewed, without added sugar	0.80
11026	Bamboo shoots, raw	0.80
11137	Cauliflower, frozen, unprepared	0.80
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.80
11212	Edamame, frozen, prepared	0.80
11242	Kohlrabi, cooked, boiled, drained, without salt	0.80
11274	Mustard spinach, (tendergreen), raw	0.80
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.80
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.80
11437	Salsify, (vegetable oyster), raw	0.80

NDB_No	Description	Selenium, Se(µg) Value Per
11514	Sweet potato, canned, mashed	0.80
11526	Taro, tahitian, cooked, without salt	0.80
11553	Tomato products, canned, sauce, with onions	0.80
11647	Sweet potato, canned, syrup pack, drained solids	0.80
11657	Potatoes, mashed, home-prepared, whole milk added	0.80
11659	Sweet potato, cooked, candied, home-prepared	0.80
11793	Kohlrabi, cooked, boiled, drained, with salt	0.80
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.80
11881	Taro, tahitian, cooked, with salt	0.80
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.80
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.80
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0.80
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.80
11967	Cauliflower, green, cooked, no salt added	0.80
11968	Cauliflower, green, cooked, with salt	0.80
11973	Beans, fava, in pod, raw	0.80
16121	Soy protein concentrate, produced by alcohol extraction	0.80
16122	Soy protein isolate	0.80
16124	Soy sauce made from soy (tamari)	0.80
16125	Soy sauce made from hydrolyzed vegetable protein	0.80
16420	Soy protein concentrate, produced by acid wash	0.80
16422	Soy protein isolate, potassium type	0.80
19018	Fruit syrup	0.80
19106	Candies, gumdrops, starch jelly pieces	0.80
19137	Toppings, strawberry	0.80
19151	Candies, REESE'S PIECES Candy	0.80
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.80
19226	Frostings, chocolate, creamy, ready-to-eat	0.80
19244	Frostings, vanilla, creamy, dry mix	0.80
19296	Honey	0.80
19318	Puddings, banana, dry mix, instant	0.80
19330	Puddings, lemon, dry mix, instant	0.80
19340	Sugars, maple	0.80
19362	Syrups, table blends, corn, refiner, and sugar	0.80
19383	Candies, toffee, prepared-from-recipe	0.80
19705	Puddings, banana, dry mix, instant, with added oil	0.80

NDB_No	Description	Selenium, Se(µg) Value Per
01205	Cream substitute, flavored, liquid	0.70
03096	Babyfood, vegetable, green beans and potatoes	0.70
03108	Babyfood, vegetables, sweet potatoes strained	0.70
03109	Babyfood, vegetables, sweet potatoes, junior	0.70
03278	Babyfood, dinner, mixed vegetable, strained	0.70
03282	Babyfood, vegetables, mix vegetables junior	0.70
03283	Babyfood, vegetables, garden vegetable, strained	0.70
03286	Babyfood, vegetables, mix vegetables strained	0.70
06008	Soup, beef broth or bouillon canned, ready-to-serve	0.70
06963	Fish broth	0.70
09085	Currants, zante, dried	0.70
09156	Lemon peel, raw	0.70
09184	Melons, honeydew, raw	0.70
09205	Oranges, raw, with peel	0.70
09248	Peaches, dried, sulfured, stewed, with added sugar	0.70
09297	Raisins, golden seedless	0.70
09318	Strawberries, frozen, unsweetened	0.70
09319	Strawberries, frozen, sweetened, whole	0.70
09320	Strawberries, frozen, sweetened, sliced	0.70
11005	Arrowhead, raw	0.70
11080	Beets, raw	0.70
11081	Beets, cooked, boiled, drained	0.70
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.70
11104	Burdock root, raw	0.70
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0.70
11125	Carrots, cooked, boiled, drained, without salt	0.70
11130	Carrots, frozen, unprepared	0.70
11134	Cassava, raw	0.70
11141	Celeriac, raw	0.70
11154	Chicory roots, raw	0.70
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.70
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.70
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.70
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.70
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0.70
11216	Ginger root, raw	0.70

NDB_No	Description	Selenium, Se(µg) Value Per
11226	Jerusalem-artichokes, raw	0.70
11241	Kohlrabi, raw	0.70
11254	Lotus root, raw	0.70
11258	Mountain yam, hawaii, raw	0.70
11272	Mustard greens, frozen, unprepared	0.70
11276	New Zealand spinach, raw	0.70
11278	Okra, raw	0.70
11300	Peas, edible-podded, raw	0.70
11301	Peas, edible-podded, boiled, drained, without salt	0.70
11302	Peas, edible-podded, frozen, unprepared	0.70
11349	Poi	0.70
11364	Potatoes, baked, skin, without salt	0.70
11374	Potatoes, canned, solids and liquids	0.70
11416	Pumpkin flowers, raw	0.70
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.70
11430	Radishes, oriental, raw	0.70
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.70
11432	Radishes, oriental, dried	0.70
11435	Rutabagas, raw	0.70
11436	Rutabagas, cooked, boiled, drained, without salt	0.70
11442	Seaweed, agar, raw	0.70
11444	Seaweed, irishmoss, raw	0.70
11445	Seaweed, kelp, raw	0.70
11446	Seaweed, laver, raw	0.70
11448	Sesbania flower, cooked, steamed, without salt	0.70
11483	Squash, winter, acorn, cooked, baked, without salt	0.70
11487	Squash, winter, butternut, frozen, unprepared	0.70
11512	Sweet potato, canned, vacuum pack	0.70
11518	Taro, raw	0.70
11525	Taro, tahitian, raw	0.70
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.70
11547	Tomato products, canned, puree, without salt added	0.70
11564	Turnips, raw	0.70
11570	Turnip greens, canned, solids and liquids	0.70
11588	Waterchestnuts, chinese, (matai), raw	0.70
11590	Waterchestnuts, chinese, canned, solids and liquids	0.70

NDB_No	Description	Selenium, Se(µg) Value Per
11601	Yam, raw	0.70
11602	Yam, cooked, boiled, drained, or baked, without salt	0.70
11603	Yambean (jicama), raw	0.70
11620	Drumstick pods, raw	0.70
11621	Drumstick pods, cooked, boiled, drained, without salt	0.70
11637	Radishes, white icicle, raw	0.70
11645	Sweet potato, canned, syrup pack, solids and liquids	0.70
11669	Seaweed, wakame, raw	0.70
11697	Arrowroot, raw	0.70
11734	Beets, cooked, boiled, drained, with salt	0.70
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.70
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0.70
11757	Carrots, cooked, boiled, drained, with salt	0.70
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0.70
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.70
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.70
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0.70
11787	Drumstick pods, cooked, boiled, drained, with salt	0.70
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0.70
11830	Potatoes, baked, skin only, with salt	0.70
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.70
11851	Rutabagas, cooked, boiled, drained, with salt	0.70
11864	Squash, winter, acorn, cooked, baked, with salt	0.70
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.70
11888	Tomato products, canned, puree, with salt added	0.70
11897	Yam, cooked, boiled, drained, or baked, with salt	0.70
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.70
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0.70
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0.70
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.70
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.70
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.70
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.70
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.70
11922	Sesbania flower, cooked, steamed, with salt	0.70
11935	Catsup	0.70

NDB_No	Description	Selenium, Se(µg) Value Per
11949	Catsup, low sodium	0.70
11957	Fennel, bulb, raw	0.70
11961	Hearts of palm, canned	0.70
11963	Nopales, raw	0.70
11964	Nopales, cooked, without salt	0.70
11972	Lemon grass (citronella), raw	0.70
11991	Yautia (tannier), raw	0.70
12147	Nuts, pine nuts, dried	0.70
14015	Alcoholic beverage, pina colada, canned	0.70
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.70
14035	Beverages, ABBOTT, EAS soy protein powder	0.70
14194	Beverages, Cocoa mix, powder, prepared with water	0.70
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0.70
19113	Syrups, table blends, pancake, with butter	0.70
19162	Candies, WHATCHAMACALLIT Candy Bar	0.70
19202	Puddings, vanilla, dry mix, instant	0.70
19222	Desserts, rennin, vanilla, dry mix	0.70
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	0.70
19350	Syrups, corn, light	0.70
19351	Syrups, corn, high-fructose	0.70
19366	Toppings, pineapple	0.70
19382	Candies, taffy, prepared-from-recipe	0.70
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.70
19910	Candies, crispy bar with peanut butter filling	0.70
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0.70
42150	Babyfood, apple yogurt dessert, strained	0.70
43142	Radishes, hawaiian style, pickled	0.70
43369	Beverages, Chocolate-flavored drink, whey and milk based	0.70
43387	Turnip greens, canned, no salt added	0.70
90480	Syrup, Cane	0.70
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.60
42040	Syrups, grenadine	0.60
43058	Candies, hard, dietetic or low calorie (sorbitol)	0.60
43146	Eggplant, pickled	0.60
43216	Sweeteners, tabletop, fructose, dry, powder	0.60
43217	Tomato sauce, canned, no salt added	0.60

NDB_No	Description	Selenium, Se(µg) Value Per
43550	Babyfood, banana apple dessert, strained	0.60
01070	Dessert topping, powdered	0.60
03114	Babyfood, vegetable, butternut squash and corn	0.60
03129	Babyfood, fruit, bananas with tapioca, strained	0.60
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0.60
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0.60
03163	Babyfood, fruit, bananas with apples and pears, strained	0.60
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.60
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.60
03226	Babyfood, dessert, fruit pudding, orange, strained	0.60
03280	Babyfood, fruit, bananas with tapioca, junior	0.60
06125	Gravy, turkey, canned, ready-to-serve	0.60
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.60
06977	Gravy, meat or poultry, low sodium, prepared	0.60
09001	Acerola, (west indian cherry), raw	0.60
09059	Breadfruit, raw	0.60
09060	Carambola, (starfruit), raw	0.60
09079	Cranberries, dried, sweetened	0.60
09084	Currants, red and white, raw	0.60
09088	Elderberries, raw	0.60
09094	Figs, dried, uncooked	0.60
09107	Gooseberries, raw	0.60
09139	Guavas, common, raw	0.60
09163	Blueberries, dried, sweetened	0.60
09164	Litchis, raw	0.60
09174	Loquats, raw	0.60
09175	Mammy-apple, (mamey), raw	0.60
09176	Mangos, raw	0.60
09190	Mulberries, raw	0.60
09226	Papayas, raw	0.60
09231	Passion-fruit, (granadilla), purple, raw	0.60
09263	Persimmons, japanese, raw	0.60
09287	Prickly pears, raw	0.60
09294	Prune juice, canned	0.60
09296	Quinces, raw	0.60
09298	Raisins, seedless	0.60

NDB_No	Description	Selenium, Se(µg) Value Per
09299	Raisins, seeded	0.60
09313	Sapodilla, raw	0.60
09315	Soursop, raw	0.60
09321	Sugar-apples, (sweetsop), raw	0.60
11001	Alfalfa seeds, sprouted, raw	0.60
11006	Arrowhead, cooked, boiled, drained, without salt	0.60
11029	Beans, kidney, mature seeds, sprouted, raw	0.60
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.60
11043	Mung beans, mature seeds, sprouted, raw	0.60
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.60
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0.60
11046	Beans, navy, mature seeds, sprouted, raw	0.60
11052	Beans, snap, green, raw	0.60
11060	Beans, snap, green, frozen, all styles, unprepared	0.60
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.60
11110	Cabbage, cooked, boiled, drained, without salt	0.60
11112	Cabbage, red, raw	0.60
11119	Cabbage, chinese (pe-tsai), raw	0.60
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.60
11135	Cauliflower, raw	0.60
11136	Cauliflower, cooked, boiled, drained, without salt	0.60
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.60
11167	Corn, sweet, yellow, raw	0.60
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.60
11184	Corn with red and green peppers, canned, solids and liquids	0.60
11248	Lentils, sprouted, raw	0.60
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.60
11253	Lettuce, green leaf, raw	0.60
11255	Lotus root, cooked, boiled, drained, without salt	0.60
11271	Mustard greens, cooked, boiled, drained, without salt	0.60
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.60
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	0.60
11280	Okra, frozen, unprepared	0.60
11281	Okra, frozen, cooked, boiled, drained, without salt	0.60
11283	Onions, cooked, boiled, drained, without salt	0.60
11291	Onions, spring or scallions (includes tops and bulb), raw	0.60

NDB_No	Description	Selenium, Se(µg) Value Per
11316	Peas, mature seeds, sprouted, raw	0.60
11326	Peas and onions, frozen, unprepared	0.60
11339	Peppers, sweet, green, sauteed	0.60
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.60
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	0.60
11429	Radishes, raw	0.60
11438	Salsify, cooked, boiled, drained, without salt	0.60
11439	Sauerkraut, canned, solids and liquids	0.60
11452	Soybeans, mature seeds, sprouted, raw	0.60
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.60
11490	Squash, winter, hubbard, baked, without salt	0.60
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0.60
11497	Succotash, (corn and limas), canned, with cream style corn	0.60
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.60
11501	Succotash, (corn and limas), frozen, unprepared	0.60
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.60
11507	Sweet potato, raw, unprepared	0.60
11516	Sweet potato, frozen, unprepared	0.60
11517	Sweet potato, frozen, cooked, baked, without salt	0.60
11533	Tomatoes, red, ripe, canned, stewed	0.60
11549	Tomato products, canned, sauce	0.60
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.60
11559	Tomato products, canned, sauce, with tomato tidbits	0.60
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.60
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.60
11649	Tomato products, canned, sauce, spanish style	0.60
11655	Carrot juice, canned	0.60
11676	Radish seeds, sprouted, raw	0.60
11693	Tomatoes, crushed, canned	0.60
11701	Arrowhead, cooked, boiled, drained, with salt	0.60
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.60
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.60
11722	Beans, snap, yellow, raw	0.60
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.60
11751	Cabbage, common, cooked, boiled, drained, with salt	0.60
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.60

NDB_No	Description	Selenium, Se(µg) Value Per
11761	Cauliflower, cooked, boiled, drained, with salt	0.60
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0.60
11796	Lotus root, cooked, boiled, drained, with salt	0.60
11799	Mustard greens, cooked, boiled, drained, with salt	0.60
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0.60
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	0.60
11804	Okra, frozen, cooked, boiled, drained, with salt	0.60
11805	Onions, cooked, boiled, drained, with salt	0.60
11852	Salsify, cooked, boiled, drained, with salt	0.60
11868	Squash, winter, hubbard, baked, with salt	0.60
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0.60
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0.60
11877	Sweet potato, frozen, cooked, baked, with salt	0.60
11889	Turnips, cooked, boiled, drained, with salt	0.60
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.60
11900	Corn, sweet, white, raw	0.60
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.60
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.60
11907	Corn, sweet, white, canned, cream style, no salt added	0.60
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.60
11965	Cauliflower, green, raw	0.60
14003	Alcoholic beverage, beer, regular, all	0.60
14024	Beverages, Whiskey sour mix, powder	0.60
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.60
14251	Alcoholic beverages, beer, higher alcohol	0.60
14287	Beverages, Lemonade, powder	0.60
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0.60
14370	Beverages, tea, instant, lemon, sweetened, powder	0.60
16086	Peas, split, mature seeds, cooked, boiled, without salt	0.60
16386	Peas, split, mature seeds, cooked, boiled, with salt	0.60
19070	Candies, butterscotch	0.60
19098	Candies, 5TH AVENUE Candy Bar	0.60
19099	Candies, fondant, prepared-from-recipe	0.60
19107	Candies, hard	0.60
19163	Chewing gum	0.60
19303	Marmalade, orange	0.60

NDB_No	Description	Selenium, Se(µg) Value Per
19335	Sugars, granulated	0.60
19336	Sugars, powdered	0.60
19353	Syrups, maple	0.60
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.60
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.60
20013	Bulgur, cooked	0.60
01052	Cream, fluid, light whipping	0.50
02053	Vinegar, distilled	0.50
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.50
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0.50
03179	Babyfood, juice, mixed fruit	0.50
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.50
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	0.50
06169	Sauce, ready-to-serve, pepper, TABASCO	0.50
06480	Soup, chicken broth or bouillon, dry, prepared with water	0.50
06971	Sauce, worcestershire	0.50
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.50
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.50
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.50
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.50
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.50
09143	Guava sauce, cooked	0.50
09200	Oranges, raw, all commercial varieties	0.50
09203	Oranges, raw, Florida	0.50
09246	Peaches, dried, sulfured, uncooked	0.50
09286	Pomegranates, raw	0.50
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.50
09351	Fruit cocktail, canned, heavy syrup, drained	0.50
09408	Pear nectar, canned, with added ascorbic acid	0.50
11028	Bamboo shoots, canned, drained solids	0.50
11084	Beets, canned, drained solids	0.50
11116	Cabbage, chinese (pak-choi), raw	0.50
11118	Cabbage, kimchi	0.50
11162	Collards, cooked, boiled, drained, without salt	0.50
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.50
11207	Dandelion greens, raw	0.50

NDB_No	Description	Selenium, Se(µg) Value Per
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.50
11282	Onions, raw	0.50
11292	Onions, young green, tops only	0.50
11294	Onions, sweet, raw	0.50
11355	Potatoes, red, flesh and skin, raw	0.50
11356	Potatoes, Russet, flesh and skin, baked	0.50
11357	Potatoes, white, flesh and skin, baked	0.50
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.50
11369	Potatoes, microwaved, cooked in skin, skin, without salt	0.50
11370	Potatoes, hash brown, home-prepared	0.50
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.50
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.50
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	0.50
11482	Squash, winter, acorn, raw	0.50
11485	Squash, winter, butternut, raw	0.50
11486	Squash, winter, butternut, cooked, baked, without salt	0.50
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0.50
11489	Squash, winter, hubbard, raw	0.50
11530	Tomatoes, red, ripe, cooked	0.50
11540	Tomato juice, canned, with salt added	0.50
11670	Peppers, hot chili, green, raw	0.50
11735	Beets, canned, no salt added, solids and liquids	0.50
11768	Collards, cooked, boiled, drained, with salt	0.50
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.50
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.50
11819	Peppers, hot chili, red, raw	0.50
11836	Potatoes, microwaved, cooked, in skin, skin with salt	0.50
11866	Squash, winter, butternut, cooked, baked, with salt	0.50
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0.50
11886	Tomato juice, canned, without salt added	0.50
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.50
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0.50
11954	Tomatillos, raw	0.50
12129	Nuts, ginkgo nuts, canned	0.50
14057	Alcoholic beverage, wine, dessert, sweet	0.50
14350	Strawberry-flavor beverage mix, powder	0.50

NDB_No	Description	Selenium, Se(µg) Value Per
14407	Beverages, orange-flavor drink, breakfast type, powder	0.50
14536	Alcoholic beverage, wine, dessert, dry	0.50
16123	Soy sauce made from soy and wheat (shoyu)	0.50
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0.50
19128	Syrups, table blends, pancake, reduced-calorie	0.50
19194	Puddings, rice, dry mix	0.50
19228	Frostings, cream cheese-flavor, ready-to-eat	0.50
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.50
19361	Syrups, table blends, cane and 15% maple	0.50
42151	Vegetable oil-butter spread, reduced calorie	0.50
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0.50
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	0.50
43026	Syrups, sugar free	0.50
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0.50
43060	Chewing gum, sugarless	0.50
43125	Beans, liquid from stewed kidney beans	0.50
43135	Sandwich spread, meatless	0.50
43268	Whipped cream substitute, dietetic, made from powdered mix	0.50
43365	Tomato and vegetable juice, low sodium	0.50
44018	Sweeteners, tabletop, fructose, liquid	0.50
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0.50
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.40
21144	CHICK-FIL-A, hash browns	0.40
21238	McDONALD'S, french fries	0.40
21319	McDONALD'S, Hash Brown	0.40
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	0.40
21387	BURGER KING, Hash Brown Rounds	0.40
25027	Snacks, plantain chips, salted	0.40
27000	Soup, egg drop, Chinese restaurant	0.40
27001	Soup, hot and sour, Chinese restaurant	0.40
27050	Sauce, sweet and sour, ready-to-serve	0.40
27061	Gravy, HEINZ Home Style, classic chicken	0.40
27063	Sauce, enchilada, red, mild, ready to serve	0.40
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.40
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.40
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.40

NDB_No	Description	Selenium, Se(µg) Value Per
28346	Waffles, gluten-free, frozen, ready-to-heat	0.40
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.40
28368	SCHAR, Gluten-Free, Classic White Rolls	0.40
28375	VAN'S, Gluten Free, Totally Original Waffles	0.40
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.40
31033	Ginger root, pickled, canned, with artificial sweetener	0.40
31034	Peppers, hot pickled, canned	0.40
36002	APPLEBEE'S, french fries	0.40
36007	T.G.I. FRIDAY'S, french fries	0.40
36014	Restaurant, family style, french fries	0.40
36021	APPLEBEE'S, coleslaw	0.40
36610	DENNY'S, french fries	0.40
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.40
43006	Babyfood, fruit, tutti frutti, strained	0.40
43007	Babyfood, fruit, tutti frutti, junior	0.40
43408	Babyfood, juice, pear	0.40
43585	Babyfood, fruit supreme dessert	0.40
44158	Pie fillings, blueberry, canned	0.40
03093	Babyfood, green beans, dices, toddler	0.40
03132	Babyfood, fruit, pears, strained	0.40
03133	Babyfood, fruit, pears, junior	0.40
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.40
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.40
03140	Babyfood, fruit dessert, mango with tapioca	0.40
03141	Babyfood, pears, dices, toddler	0.40
03147	Babyfood, fruit, applesauce with banana, junior	0.40
03158	Babyfood, fruit, pears and pineapple, strained	0.40
03159	Babyfood, fruit, pears and pineapple, junior	0.40
03160	Babyfood, fruit, guava and papaya with tapioca, strained	0.40
03161	Babyfood, peaches, dices, toddler	0.40
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	0.40
03164	Babyfood, fruit, apple and blueberry, strained	0.40
03165	Babyfood, fruit, apple and blueberry, junior	0.40
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.40
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.40
03238	Babyfood, dessert, tropical fruit, junior	0.40

NDB_No	Description	Selenium, Se(µg) Value Per
04018	Salad dressing, mayonnaise type, regular, with salt	0.40
06114	Gravy, au jus, canned	0.40
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.40
06151	Sauce, plum, ready-to-serve	0.40
06194	Soup, chicken broth, ready-to-serve	0.40
06631	Sauce, hot chile, sriracha	0.40
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	0.40
06999	Gravy, CAMPBELL'S, chicken	0.40
09010	Apples, dehydrated (low moisture), sulfured, stewed	0.40
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.40
09035	Apricots, frozen, sweetened	0.40
09037	Avocados, raw, all commercial varieties	0.40
09038	Avocados, raw, California	0.40
09042	Blackberries, raw	0.40
09044	Cherries, tart, dried, sweetened	0.40
09048	Blackberries, frozen, unsweetened	0.40
09056	Boysenberries, canned, heavy syrup	0.40
09081	Cranberry sauce, canned, sweetened	0.40
09109	Gooseberries, canned, light syrup pack, solids and liquids	0.40
09150	Lemons, raw, without peel	0.40
09159	Limes, raw	0.40
09181	Melons, cantaloupe, raw	0.40
09183	Melons, casaba, raw	0.40
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.40
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.40
09219	Tangerines, (mandarin oranges), canned, juice pack	0.40
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.40
09228	Papaya, canned, heavy syrup, drained	0.40
09250	Peaches, frozen, sliced, sweetened	0.40
09267	Pineapple, canned, water pack, solids and liquids	0.40
09268	Pineapple, canned, juice pack, solids and liquids	0.40
09269	Pineapple, canned, light syrup pack, solids and liquids	0.40
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.40
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.40
09316	Strawberries, raw	0.40
09326	Watermelon, raw	0.40

NDB_No	Description	Selenium, Se(µg) Value Per
09354	Pineapple, canned, juice pack, drained	0.40
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0.40
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0.40
09434	Guanabana nectar, canned	0.40
09436	Mango nectar, canned	0.40
09447	Plantains, yellow, fried, Latino restaurant	0.40
09449	Nance, frozen, unsweetened	0.40
09450	Naranjilla (lulo) pulp, frozen, unsweetened	0.40
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.40
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.40
09520	Kiwifruit, ZESPRI SunGold, raw	0.40
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.40
11027	Bamboo shoots, cooked, boiled, drained, without salt	0.40
11056	Beans, snap, green, canned, regular pack, drained solids	0.40
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.40
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.40
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.40
11126	Carrots, canned, regular pack, solids and liquids	0.40
11128	Carrots, canned, regular pack, drained solids	0.40
11142	Celeriac, cooked, boiled, drained, without salt	0.40
11143	Celery, raw	0.40
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.40
11251	Lettuce, cos or romaine, raw	0.40
11279	Okra, cooked, boiled, drained, without salt	0.40
11287	Onions, frozen, chopped, unprepared	0.40
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.40
11289	Onions, frozen, whole, unprepared	0.40
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.40
11324	Peas and onions, canned, solids and liquids	0.40
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.40
11352	Potatoes, flesh and skin, raw	0.40
11353	Potatoes, russet, flesh and skin, raw	0.40
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0.40
11399	Potato puffs, frozen, oven-heated	0.40
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.40
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	0.40

NDB_No	Description	Selenium, Se(µg) Value Per
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.40
11424	Pumpkin, canned, without salt	0.40
11481	Squash, summer, zucchini, italian style, canned	0.40
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.40
11527	Tomatoes, green, raw	0.40
11537	Tomatoes, red, ripe, canned, with green chilies	0.40
11566	Turnips, frozen, unprepared	0.40
11583	Vegetables, mixed, frozen, unprepared	0.40
11632	Peppers, jalapeno, canned, solids and liquids	0.40
11643	Squash, winter, all varieties, raw	0.40
11644	Squash, winter, all varieties, cooked, baked, without salt	0.40
11674	Potatoes, baked, flesh and skin, without salt	0.40
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0.40
11695	Tomatoes, orange, raw	0.40
11696	Tomatoes, yellow, raw	0.40
11712	Bamboo shoots, cooked, boiled, drained, with salt	0.40
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0.40
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0.40
11729	Beans, snap, green, canned, no salt added, drained solids	0.40
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.40
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.40
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.40
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.40
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.40
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.40
11758	Carrots, canned, no salt added, solids and liquids	0.40
11759	Carrots, canned, no salt added, drained solids	0.40
11763	Celeriac, cooked, boiled, drained, with salt	0.40
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.40
11803	Okra, cooked, boiled, drained, with salt	0.40
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.40
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0.40
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.40
11828	Potatoes, baked, flesh and skin, with salt	0.40
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0.40
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0.40

NDB_No	Description	Selenium, Se(µg) Value Per
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	0.40
11846	Pumpkin, canned, with salt	0.40
11863	Squash, winter, all varieties, cooked, baked, with salt	0.40
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0.40
11906	Corn, sweet, white, canned, cream style, regular pack	0.40
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.40
11933	Beans, snap, yellow, canned, no salt added, drained solids	0.40
11970	Cabbage, napa, cooked	0.40
11977	Peppers, serrano, raw	0.40
11979	Peppers, jalapeno, raw	0.40
14006	Alcoholic beverage, beer, light	0.40
14028	Beverages, Whiskey sour mix, bottled	0.40
14034	Alcoholic beverage, creme de menthe, 72 proof	0.40
14187	Beverages, Clam and tomato juice, canned	0.40
14248	Alcoholic beverage, beer, light, higher alcohol	0.40
14262	Beverages, citrus fruit juice drink, frozen concentrate	0.40
14292	Lemonade, frozen concentrate, white	0.40
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.40
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.40
14638	Beverages, Horchata, as served in restaurant	0.40
19014	Snacks, fruit leather, rolls	0.40
19030	Syrup, fruit flavored	0.40
19042	Snacks, potato chips, barbecue-flavor	0.40
19294	Fruit butters, apple	0.40
19300	Jellies	0.40
19314	Pie fillings, canned, cherry	0.40
19360	Syrups, table blends, pancake, with 2% maple	0.40
19410	Snack, potato chips, made from dried potatoes, plain	0.40
02044	Basil, fresh	0.30
03092	Babyfood, vegetables, green beans, junior	0.30
03115	Babyfood, apples, dices, toddler	0.30
03116	Babyfood, fruit, applesauce, strained	0.30
03117	Babyfood, fruit, applesauce, junior	0.30
03118	Babyfood, fruit, apricot with tapioca, strained	0.30
03128	Babyfood, fruit, apricot with tapioca, junior	0.30
03142	Babyfood, fruit, applesauce and apricots, strained	0.30

NDB_No	Description	Selenium, Se(µg) Value Per
03143	Babyfood, fruit, applesauce and apricots, junior	0.30
03144	Babyfood, fruit, applesauce and cherries, strained	0.30
03145	Babyfood, fruit, applesauce and cherries, junior	0.30
03150	Babyfood, fruit, applesauce and pineapple, strained	0.30
03151	Babyfood, fruit, applesauce and pineapple, junior	0.30
03152	Babyfood, fruit, apple and raspberry, strained	0.30
03153	Babyfood, fruit, apple and raspberry, junior	0.30
03154	Babyfood, fruit and vegetable, apple and sweet potato	0.30
03167	Babyfood, apple-banana juice	0.30
03168	Babyfood, juice, apple and peach	0.30
03170	Babyfood, juice, apple and plum	0.30
03171	Babyfood, juice, apple and prune	0.30
03279	Babyfood, dinner, mixed vegetable, junior	0.30
06037	Soup, lentil with ham, canned, ready-to-serve	0.30
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0.30
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0.30
06475	Soup, beef broth or bouillon, powder, prepared with water	0.30
06476	Soup, beef broth, cubed, prepared with water	0.30
09005	Apples, raw, without skin, cooked, boiled	0.30
09006	Apples, raw, without skin, cooked, microwave	0.30
09007	Apples, canned, sweetened, sliced, drained, unheated	0.30
09008	Apples, canned, sweetened, sliced, drained, heated	0.30
09012	Apples, dried, sulfured, stewed, without added sugar	0.30
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.30
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.30
09043	Blackberry juice, canned	0.30
09046	Blackberries, canned, heavy syrup, solids and liquids	0.30
09111	Grapefruit, raw, pink and red and white, all areas	0.30
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.30
09229	Papaya nectar, canned	0.30
09237	Peaches, canned, water pack, solids and liquids	0.30
09238	Peaches, canned, juice pack, solids and liquids	0.30
09240	Peaches, canned, light syrup pack, solids and liquids	0.30
09241	Peaches, canned, heavy syrup pack, solids and liquids	0.30
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0.30
09291	Plums, dried (prunes), uncooked	0.30

NDB_No	Description	Selenium, Se(µg) Value Per
09306	Raspberries, frozen, red, sweetened	0.30
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0.30
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0.30
09402	Applesauce, canned, sweetened, with salt	0.30
09442	Pomegranate juice, bottled	0.30
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.30
11109	Cabbage, raw	0.30
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.30
11152	Chicory greens, raw	0.30
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0.30
11205	Cucumber, with peel, raw	0.30
11208	Dandelion greens, cooked, boiled, drained, without salt	0.30
11209	Eggplant, raw	0.30
11285	Onions, canned, solids and liquids	0.30
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.30
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.30
11335	Peppers, sweet, green, canned, solids and liquids	0.30
11354	Potatoes, white, flesh and skin, raw	0.30
11362	Potatoes, raw, skin	0.30
11363	Potatoes, baked, flesh, without salt	0.30
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.30
11366	Potatoes, boiled, cooked in skin, skin, without salt	0.30
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.30
11390	Potatoes, hash brown, frozen, plain, unprepared	0.30
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	0.30
11398	Potato puffs, frozen, unprepared	0.30
11400	Potatoes, frozen, whole, unprepared	0.30
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0.30
11422	Pumpkin, raw	0.30
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.30
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.30
11492	Squash, winter, spaghetti, raw	0.30
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.30
11581	Vegetables, mixed, canned, drained solids	0.30
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.30
11698	Chrysanthemum leaves, raw	0.30

NDB_No	Description	Selenium, Se(µg) Value Per
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.30
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	0.30
11782	Dandelion greens, cooked, boiled, drained, with salt	0.30
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.30
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.30
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.30
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0.30
11829	Potatoes, baked, flesh, with salt	0.30
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.30
11832	Potatoes, boiled, cooked in skin, skin, with salt	0.30
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.30
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.30
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.30
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.30
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.30
11916	Peppers, sweet, red, canned, solids and liquids	0.30
11951	Peppers, sweet, yellow, raw	0.30
11953	Squash, zucchini, baby, raw	0.30
11959	Arugula, raw	0.30
11976	Pepper, banana, raw	0.30
11980	Peppers, chili, green, canned	0.30
11981	Peppers, hungarian, raw	0.30
14239	Alcoholic beverage, malt beer, hard lemonade	0.30
14296	Beverages, lemonade-flavor drink, powder	0.30
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.30
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.30
19164	Candies, SPECIAL DARK Chocolate Bar	0.30
19312	Pie fillings, apple, canned	0.30
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	0.30
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.30
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0.30
35205	Stinging Nettle, blanched (Northern Plains Indians)	0.30
42193	Salad Dressing, mayonnaise-like, fat-free	0.30
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0.30
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	0.20
43154	Alcoholic beverage, wine, cooking	0.20

NDB_No	Description	Selenium, Se(µg) Value Per
43155	Alcoholic beverage, wine, light	0.20
03099	Babyfood, vegetables, carrots, strained	0.20
03100	Babyfood, vegetables, carrots, junior	0.20
03104	Babyfood, vegetables, squash, strained	0.20
03105	Babyfood, vegetables, squash, junior	0.20
03220	Babyfood, dessert, dutch apple, strained	0.20
03221	Babyfood, dessert, dutch apple, junior	0.20
04001	Fat, beef tallow	0.20
04002	Lard	0.20
04520	Fat, mutton tallow	0.20
04542	Fat, chicken	0.20
04574	Fat, duck	0.20
04575	Fat, turkey	0.20
04576	Fat, goose	0.20
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.20
06494	Soup, onion, dry, mix, prepared with water	0.20
06961	Sauce, peppers, hot, chili, mature red, canned	0.20
06962	Sauce, chili, peppers, hot, immature green, canned	0.20
09014	Apples, frozen, unsweetened, unheated	0.20
09015	Apples, frozen, unsweetened, heated	0.20
09055	Blueberries, frozen, sweetened	0.20
09057	Boysenberries, frozen, unsweetened	0.20
09089	Figs, raw	0.20
09091	Figs, canned, light syrup pack, solids and liquids	0.20
09092	Figs, canned, heavy syrup pack, solids and liquids	0.20
09095	Figs, dried, stewed	0.20
09148	Kiwifruit, green, raw	0.20
09167	Loganberries, frozen	0.20
09247	Peaches, dried, sulfured, stewed, without added sugar	0.20
09251	Peach nectar, canned, without added ascorbic acid	0.20
09259	Pears, dried, sulfured, uncooked	0.20
09302	Raspberries, raw	0.20
09328	Maraschino cherries, canned, drained	0.20
09403	Apricot nectar, canned, with added ascorbic acid	0.20
09407	Peach nectar, canned, with added ascorbic acid	0.20
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.20

NDB_No	Description	Selenium, Se(µg) Value Per
09518	Raspberries, frozen, unsweetened	0.20
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.20
11007	Artichokes, (globe or french), raw	0.20
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.20
11009	Artichokes, (globe or french), frozen, unprepared	0.20
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.20
11024	Balsam-pear (bitter gourd), pods, raw	0.20
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.20
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.20
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0.20
11122	Cardoon, raw	0.20
11149	Chayote, fruit, raw	0.20
11151	Chicory, witloof, raw	0.20
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.20
11213	Endive, raw	0.20
11214	Escarole, cooked, boiled, drained, no salt added	0.20
11218	Gourd, white-flowered (calabash), raw	0.20
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.20
11220	Gourd, dishcloth (towelgourd), raw	0.20
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.20
11337	Peppers, sweet, green, frozen, chopped, unprepared	0.20
11423	Pumpkin, cooked, boiled, drained, without salt	0.20
11467	Squash, summer, crookneck and straightneck, raw	0.20
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.20
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.20
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0.20
11475	Squash, summer, scallop, raw	0.20
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.20
11477	Squash, summer, zucchini, includes skin, raw	0.20
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.20
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.20
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.20
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.20
11510	Sweet potato, cooked, boiled, without skin	0.20
11551	Tomato products, canned, sauce, with mushrooms	0.20
11565	Turnips, cooked, boiled, drained, without salt	0.20

NDB_No	Description	Selenium, Se(µg) Value Per
11578	Vegetable juice cocktail, canned	0.20
11579	Vegetables, mixed, canned, solids and liquids	0.20
11585	Vegetable juice cocktail, low sodium, canned	0.20
11593	Waxgourd, (chinese preserving melon), raw	0.20
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.20
11641	Squash, summer, all varieties, raw	0.20
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.20
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0.20
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.20
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.20
11723	Beans, snap, green, cooked, boiled, drained, with salt	0.20
11726	Beans, snap, green, canned, no salt added, solids and liquids	0.20
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0.20
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0.20
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.20
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.20
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.20
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.20
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.20
11845	Pumpkin, cooked, boiled, drained, with salt	0.20
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0.20
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.20
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0.20
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.20
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.20
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.20
11876	Sweet potato, cooked, boiled, without skin, with salt	0.20
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.20
11917	Peppers, sweet, red, frozen, chopped, unprepared	0.20
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.20
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.20
11943	Pimento, canned	0.20
13335	Beef, variety meats and by-products, suet, raw	0.20
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.20
14054	Beverages, almond milk, chocolate, ready-to-drink	0.20
14079	Beverages, yellow green colored citrus soft drink with caffeine	0.20

NDB_No	Description	Selenium, Se(µg) Value Per
14084	Alcoholic beverage, wine, table, all	0.20
14091	Beverages, almond milk, unsweetened, shelf stable	0.20
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.20
14096	Alcoholic beverage, wine, table, red	0.20
14154	Beverages, Energy drink, RED BULL	0.20
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.20
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.20
14242	Cranberry juice cocktail, bottled	0.20
14253	Alcoholic beverages, wine, rose	0.20
14264	Beverages, fruit punch drink, without added nutrients, canned	0.20
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.20
14553	Beverages, Wine, non-alcoholic	0.20
14602	Alcoholic Beverage, wine, table, red, Merlot	0.20
14625	Beverages, Energy drink, AMP	0.20
14626	Beverages, Energy drink, FULL THROTTLE	0.20
14628	Beverages, Energy drink, AMP, sugar free	0.20
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0.20
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.20
14640	Beverages, Energy drink, VAULT, citrus flavor	0.20
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.20
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.20
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.20
18371	Leavening agents, baking powder, low-sodium	0.20
18372	Leavening agents, baking soda	0.20
18373	Leavening agents, cream of tartar	0.20
19217	Frozen novelties, ice type, fruit, no sugar added	0.20
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	0.20
19263	Frozen novelties, fruit and juice bars	0.20
19283	Frozen novelties, ice type, pop	0.20
02047	Salt, table	0.10
02048	Vinegar, cider	0.10
03091	Babyfood, vegetables, green beans, strained	0.10
03098	Babyfood, vegetables, beets, strained	0.10
03121	Babyfood, vegetables, peas, strained	0.10
03122	Babyfood, peas, dices, toddler	0.10
03130	Babyfood, fruit, peaches, strained	0.10

NDB_No	Description	Selenium, Se(µg) Value Per
03131	Babyfood, fruit, peaches, junior	0.10
03166	Babyfood, juice, apple	0.10
03169	Babyfood, apple-cranberry juice	0.10
03172	Babyfood, juice, orange	0.10
03173	Babyfood, juice, orange and apple	0.10
03174	Babyfood, juice, orange and apple and banana	0.10
03175	Babyfood, juice, orange and apricot	0.10
03176	Babyfood, juice, orange and banana	0.10
03177	Babyfood, juice, orange and pineapple	0.10
03178	Babyfood, juice, prune and orange	0.10
03265	Babyfood, juice, apple and grape	0.10
03267	Babyfood, juice, fruit punch, with calcium	0.10
03268	Babyfood, juice, apple and cherry	0.10
03269	Babyfood, juice, apple, with calcium	0.10
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.10
07034	Headcheese, pork	0.10
09002	Acerola juice, raw	0.10
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.10
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.10
09021	Apricots, raw	0.10
09022	Apricots, canned, water pack, with skin, solids and liquids	0.10
09024	Apricots, canned, juice pack, with skin, solids and liquids	0.10
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0.10
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.10
09050	Blueberries, raw	0.10
09052	Blueberries, canned, heavy syrup, solids and liquids	0.10
09054	Blueberries, frozen, unsweetened	0.10
09078	Cranberries, raw	0.10
09090	Figs, canned, water pack, solids and liquids	0.10
09112	Grapefruit, raw, pink and red, all areas	0.10
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.10
09124	Grapefruit juice, white, canned, sweetened	0.10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.10
09128	Grapefruit juice, white, raw	0.10
09131	Grapes, american type (slip skin), raw	0.10
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.10

NDB_No	Description	Selenium, Se(µg) Value Per
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.10
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.10
09152	Lemon juice, raw	0.10
09153	Lemon juice from concentrate, canned or bottled	0.10
09154	Lemon juice, frozen, unsweetened, single strength	0.10
09160	Lime juice, raw	0.10
09161	Lime juice, canned or bottled, unsweetened	0.10
09206	Orange juice, raw	0.10
09207	Orange juice, canned, unsweetened	0.10
09209	Orange juice, chilled, includes from concentrate	0.10
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.10
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.10
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.10
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.10
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.10
09218	Tangerines, (mandarin oranges), raw	0.10
09221	Tangerine juice, raw	0.10
09223	Tangerine juice, canned, sweetened	0.10
09232	Passion-fruit juice, purple, raw	0.10
09233	Passion-fruit juice, yellow, raw	0.10
09236	Peaches, yellow, raw	0.10
09252	Pears, raw	0.10
09260	Pears, dried, sulfured, stewed, without added sugar	0.10
09266	Pineapple, raw, all varieties	0.10
09272	Pineapple, frozen, chunks, sweetened	0.10
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.10
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.10
09292	Plums, dried (prunes), stewed, without added sugar	0.10
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0.10
09340	Pears, asian, raw	0.10
09352	Blueberries, canned, light syrup, drained	0.10
09357	Apricots, canned, heavy syrup, drained	0.10
09374	Pears, canned, heavy syrup, drained	0.10
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.10
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.10
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.10

NDB_No	Description	Selenium, Se(µg) Value Per
09412	Pears, raw, bartlett	0.10
09413	Pears, raw, red anjou	0.10
09430	Pineapple, raw, extra sweet variety	0.10
09433	Clementines, raw	0.10
09443	Juice, apple and grape blend, with added ascorbic acid	0.10
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.10
09452	Orange Pineapple Juice Blend	0.10
09502	Apples, raw, granny smith, with skin	0.10
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.10
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.10
09519	Guava nectar, with sucralose, canned	0.10
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.10
11082	Beets, canned, regular pack, solids and liquids	0.10
11124	Carrots, raw	0.10
11206	Cucumber, peeled, raw	0.10
11210	Eggplant, cooked, boiled, drained, without salt	0.10
11252	Lettuce, iceberg (includes crisphead types), raw	0.10
11297	Parsley, fresh	0.10
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.10
11783	Eggplant, cooked, boiled, drained, with salt	0.10
11821	Peppers, sweet, red, raw	0.10
14009	Alcoholic beverage, daiquiri, canned	0.10
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.10
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.10
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.10
14027	Alcoholic beverage, whiskey sour, canned	0.10
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.10
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0.10
14106	Alcoholic beverage, wine, table, white	0.10
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.10
14136	Beverages, carbonated, ginger ale	0.10
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.10
14147	Beverages, carbonated, cola, without caffeine	0.10
14148	Beverages, carbonated, cola, regular	0.10
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.10
14153	Beverages, carbonated, pepper-type, contains caffeine	0.10

NDB_No	Description	Selenium, Se(µg) Value Per
14157	Beverages, carbonated, root beer	0.10
14160	Alcoholic beverage, wine, table, white, Chardonnay	0.10
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.10
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.10
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0.10
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.10
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.10
14215	Beverages, coffee, instant, regular, prepared with water	0.10
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.10
14223	Beverages, coffee, instant, chicory	0.10
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.10
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.10
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.10
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.10
14277	Beverages, grape drink, canned	0.10
14282	Beverages, grape juice drink, canned	0.10
14293	Lemonade, frozen concentrate, white, prepared with water	0.10
14303	Limeade, frozen concentrate, prepared with water	0.10
14327	Beverages, orange and apricot juice drink, canned	0.10
14334	Beverages, pineapple and grapefruit juice drink, canned	0.10
14341	Beverages, pineapple and orange juice drink, canned	0.10
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.10
14400	Beverages, carbonated, cola, fast-food cola	0.10
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.10
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.10
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.10
14531	Alcoholic beverage, whiskey sour	0.10
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.10
14552	Carbonated beverage, chocolate-flavored soda	0.10
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0.10
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.10
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.10
16069	Lentils, raw	0.10
19230	Frostings, vanilla, creamy, ready-to-eat	0.10
19280	Frozen novelties, ice type, lime	0.10
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.10

NDB_No	Description	Selenium, Se(µg) Value Per
19709	Puddings, tapioca, dry mix, with no added salt	0.10
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.10
35198	Prickly pears, raw (Northern Plains Indians)	0.10
42266	Babyfood, juice, apple-sweet potato	0.10
42267	Babyfood, juice, orange-carrot	0.10
43098	Pie fillings, cherry, low calorie	0.10
43346	Frozen novelties, juice type, orange	0.10
43382	Cranberry juice, unsweetened	0.10
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.10
43535	Babyfood, juice, apple - cherry	0.10
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.00
28334	Cookies, gluten-free, lemon wafer	0.00
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0.00
36601	Restaurant, Chinese, egg rolls, assorted	0.00
36606	CRACKER BARREL, farm raised catfish platter	0.00
36615	DENNY'S, top sirloin steak	0.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.00
42231	Oil, flaxseed, cold pressed	0.00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	0.00
42270	Beverages, Orange juice drink	0.00
42281	Gums, seed gums (includes locust bean, guar)	0.00
42289	Oil, corn and canola	0.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	0.00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.00
43214	Butter replacement, without fat, powder	0.00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.00
44005	Oil, corn, peanut, and olive	0.00
01002	Butter, whipped, with salt	0.00
01003	Butter oil, anhydrous	0.00
01069	Cream substitute, powdered	0.00
02050	Vanilla extract	0.00
02052	Vanilla extract, imitation, no alcohol	0.00

NDB_No	Description	Selenium, Se(µg) Value Per
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	0.00
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	0.00
04023	Salad dressing, thousand island dressing, reduced fat	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00
04037	Oil, rice bran	0.00
04038	Oil, wheat germ	0.00
04042	Oil, peanut, salad or cooking	0.00
04044	Oil, soybean, salad or cooking	0.00
04047	Oil, coconut	0.00
04053	Oil, olive, salad or cooking	0.00
04055	Oil, palm	0.00
04058	Oil, sesame, salad or cooking	0.00
04060	Oil, sunflower, linoleic (less than 60%)	0.00
04073	Margarine, regular, hard, soybean (hydrogenated)	0.00
04120	Salad dressing, french dressing, commercial, regular	0.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.00
04141	Salad dressing, french dressing, commercial, regular, without salt	0.00
04501	Oil, cocoa butter	0.00
04502	Oil, cottonseed, salad or cooking	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00
04513	Vegetable oil, palm kernel	0.00
04514	Oil, poppyseed	0.00
04515	Oil, tomatoseed	0.00
04516	Oil, teaseed	0.00
04517	Oil, grapeseed	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00
04528	Oil, walnut	0.00
04529	Oil, almond	0.00
04530	Oil, apricot kernel	0.00
04531	Oil, soybean lecithin	0.00
04532	Oil, hazelnut	0.00
04534	Oil, babassu	0.00

NDB_No	Description	Selenium, Se(µg) Value Per
04536	Oil, sheanut	0.00
04541	Oil, cupu assu	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00
04544	Shortening, household, lard and vegetable oil	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.00
04549	Shortening industrial, lard and vegetable oil	0.00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.00
04556	Shortening frying (heavy duty), palm (hydrogenated)	0.00
04559	Shortening household soybean (hydrogenated) and palm	0.00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0.00
04570	Shortening, confectionery, fractionated palm	0.00
04572	Oil, nutmeg butter	0.00
04573	Oil, ucuhuba butter	0.00
04581	Oil, avocado	0.00
04582	Oil, canola	0.00
04583	Oil, mustard	0.00
04584	Oil, sunflower, high oleic (70% and over)	0.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0.00
04588	Oil, oat	0.00
04589	Fish oil, cod liver	0.00
04590	Fish oil, herring	0.00
04591	Fish oil, menhaden	0.00
04592	Fish oil, menhaden, fully hydrogenated	0.00
04593	Fish oil, salmon	0.00
04594	Fish oil, sardine	0.00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	0.00
04609	Animal fat, bacon grease	0.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.00

NDB_No	Description	Selenium, Se(µg) Value Per
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	0.00
04615	Shortening, vegetable, household, composite	0.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	0.00
04618	Margarine, regular, 80% fat, composite, tub, without salt	0.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	0.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0.00
04630	Margarine Spread, approximately 48% fat, tub	0.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00
04642	Oil, industrial, mid-oleic, sunflower	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.00
04644	Oil, industrial, canola for salads, woks and light frying	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0.00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0.00
04650	Oil, industrial, soy, refined, for woks and light frying	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0.00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0.00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0.00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0.00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	0.00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	0.00

NDB_No	Description	Selenium, Se(µg) Value Per
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0.00
04679	Oil, PAM cooking spray, original	0.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0.00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0.00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0.00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	0.00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0.00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	0.00
04698	Oil, industrial, canola, high oleic	0.00
04699	Oil, industrial, soy, low linolenic	0.00
04700	Oil, industrial, soy, ultra low linolenic	0.00
04701	Oil, industrial, soy, fully hydrogenated	0.00
04702	Oil, industrial, cottonseed, fully hydrogenated	0.00
06168	Sauce, ready-to-serve, pepper or hot	0.00
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.00
06402	Soup, black bean, canned, prepared with equal volume water	0.00
06413	Soup, chicken broth, canned, prepared with equal volume water	0.00
06611	Soup, SWANSON, beef broth, lower sodium	0.00
06700	Soup, vegetable broth, ready to serve	0.00
06970	Soup, chicken broth, low sodium, canned	0.00
07075	Sausage, smoked link sausage, pork and beef	0.00
07919	Sausage, turkey, breakfast links, mild	0.00
07952	Bologna, chicken, turkey, pork	0.00
07954	Beef sausage, pre-cooked	0.00
07955	Turkey sausage, fresh, raw	0.00
07956	Beef sausage, fresh, cooked	0.00
07957	Pork and turkey sausage, pre-cooked	0.00
07958	Turkey sausage, fresh, cooked	0.00
07959	Bologna, chicken, pork, beef	0.00
07960	Bologna, chicken, pork	0.00
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	0.00

NDB_No	Description	Selenium, Se(µg) Value Per
09003	Apples, raw, with skin	0.00
09004	Apples, raw, without skin	0.00
09036	Apricot nectar, canned, without added ascorbic acid	0.00
09063	Cherries, sour, red, raw	0.00
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	0.00
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0.00
09068	Cherries, sour, red, frozen, unsweetened	0.00
09070	Cherries, sweet, raw	0.00
09071	Cherries, sweet, canned, water pack, solids and liquids	0.00
09072	Cherries, sweet, canned, juice pack, solids and liquids	0.00
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0.00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.00
09076	Cherries, sweet, frozen, sweetened	0.00
09127	Grapefruit juice, pink or red, with added calcium	0.00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.00
09149	Kumquats, raw	0.00
09191	Nectarines, raw	0.00
09202	Oranges, raw, navels	0.00
09253	Pears, canned, water pack, solids and liquids	0.00
09254	Pears, canned, juice pack, solids and liquids	0.00
09256	Pears, canned, light syrup pack, solids and liquids	0.00
09257	Pears, canned, heavy syrup pack, solids and liquids	0.00
09262	Pear nectar, canned, without added ascorbic acid	0.00
09279	Plums, raw	0.00
09281	Plums, canned, purple, water pack, solids and liquids	0.00
09282	Plums, canned, purple, juice pack, solids and liquids	0.00
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.00
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0.00
09370	Peaches, canned, heavy syrup, drained	0.00
09379	Plums, canned, heavy syrup, drained	0.00
09414	Pears, raw, bosc	0.00
09415	Pears, raw, green anjou	0.00
09429	Pineapple, raw, traditional varieties	0.00
09500	Apples, raw, red delicious, with skin	0.00

